

PLUS!

QUICK-COOKING
RAGÙ P.60

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and MORE EASY,
AFFORDABLE DINNERS

bon appétit

THE FUTURE *of* FOOD

A CENTURY'S WORTH
of PREDICTIONS
FEATURING DROUGHT-
RESISTANT HUMMUS,
UPCYCLED CROUTONS,
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..... P.48





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May

VOLUME 67 NUMBER 4

LOOKS LIKE
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LIKE SEAWEED

P. 81

9 Sustainability Picks

BA staff members share the products that help them reduce, reuse, and recycle at home.

14 Family Meal

This month: delicious dinners that just so happen to be vegan.

24 The Getaway

Projects from Noma alumni and partners make Copenhagen a dining destination—even if you can't get into the city's most in-demand restaurant.

BY MACKENZIE
CHUNG FEGAN

30 The Pour

An innovative continuing education program gives Latinx vineyard workers the tools to become winemakers.

BY HANNAH WALLACE

33 How to Find Your Food

TikTok's favorite forager **Alexis Nikole Nelson** shows you how to ID edible greens, flowers, and berries in the wild.

AS TOLD TO
BETTINA MAKALINTAL

36 All on the Table

The first date was a disaster. At least the scallops were good.

BY BONNIE GARMUS

38 Waste Not, Want Not

Chef **Ismail Samad** shares tips and recipes to minimize food waste without sacrificing flavor.

BY ZAYNAB ISSA

48 The Plates of the Future

Predicting what we'll eat as the climate changes. Okra seed coffee, anyone?

BY ALEX BEGGS

54 A 'Shroom of One's Own

Creamy ragù, crispy quesadillas, and more mushroom recipes from **Chris Morocco**.

BY BETTINA MAKALINTAL

64 Can Sushi Survive?

The sushi industry as we know it is simply not sustainable. These chefs and start-ups are working to fix that.

BY ALIZA ABARBANEL

70 Feed Thy Neighbor

How chef **Massimo Bottura** and Food for Soul fight food insecurity.

BY CHALA TYSON
TSHITUNDU

81 Basically

Consider this your deep dive into eating seaweed.

BY ELYSE INAMINE

88 Dream Dinner Party

What we wouldn't give to see **Dolly Parton** serve barbecue to Elvis.

BY DAWN DAVIS

IN EVERY ISSUE

6 editor's letter


86 recipe index

ON THE COVER

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Haruko Hayakawa

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Boone, IA 50037-0617; call 800.765.9419
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Editor's Letter



◀ Olive-Brine-Marinated
Chicken With Date
Relish in the making
P. 40

Getting Resourceful in the Kitchen

► **OUR MAY ISSUE** is a particularly interesting one for us at *Bon Appétit*. We want, as always, to bring you recipes that will expand your cooking repertoire and deliver inspiration for your weeknight and weekend meals. But we also want to explore the important topics surrounding the food we eat, like sustainability, which we approach in a number of ways this month.

We contemplate the future of food in two thought-provoking articles, “The Plates of the Future” (page 48) and “Can Sushi Survive?” (page 64). We also highlight ingredients that are wonderful to cook with yet don’t tax the environment, such as mushrooms, which food director Chris Morocco has transformed into five delicious and economical recipes, including a creamy ragù and a miso-mushroom risotto in “A ’Shroom of One’s Own” (page 54).

We also cover the way modern cooks transform food usually discarded—think the woody ends of asparagus—into substantive meals, which is what chef Ismail Samad does at The Gleanery, a restaurant he cofounded in Vermont. He shares wisdom and recipes with us in “Waste Not, Want Not” (page 38). As someone who is crazy about dishes that make good use of olives, I love his suggestion of turning olive brine, which usually goes to waste (unless you are a dirty martini drinker), into a marinade for chicken. Another benefit of discarding as little as possible: It cuts costs. Every time I go to the grocery store, it seems I pay a bit more money for fewer ingredients. So using those broccoli stems in Kimchi Fried Rice With Broccoli instead of tossing them, as Samad suggests, is a win-win.

DAWN DAVIS
editor in chief

@bonappetitdawn on instagram

WHAT I'M LOVING

*Ka'teen in Los Angeles
feels like a vacation*



I eat almost everything, but if I had to limit it myself, I'd elect to be either a pastatarian (if only that were a thing) or a pescatarian. I love fish—the way it absorbs flavor, how quickly it cooks, and how stunning it can look. I'm thinking of the artful presentation at Ka'teen, a newish open-air restaurant in Hollywood that draws inspiration from Yucatán. Paired with L.A.'s near-perfect weather and a mezcal-passion fruit cocktail, the Gypsy Fever, it transports me to the tip of Mexico.



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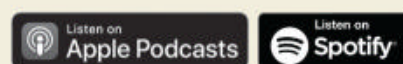
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p. 33

Home

Recipes, Essential Goods, and Test Kitchen Know-How

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p. 36

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\$50; zerowastestore.com



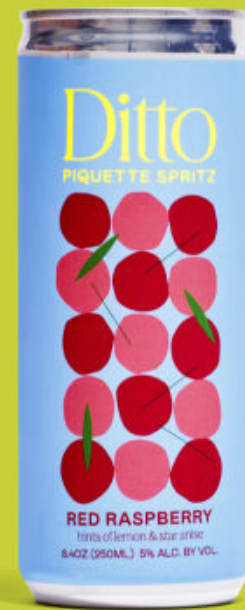
PHOTOGRAPHS BY EMMA FISHMAN



Dropps Dishwasher Detergent Pods

\$25 for 64; dropps.com

This detergent has been an effortless but effective product swap in my sustainability journey. The shipping materials, packaging, and detergent casings are all plastic-free, which helps me happily reduce my plastic footprint. —*Shilpa Uskokovic*



Ditto Piquette Spritz

\$32 for eight; drinkditto.com

I like tart, fizzy drinks, and I really like that this park-hang-friendly piquette is made using leftover grapes from winemaking. Flavored with raspberry, lemon, and anise and with a cool 5% ABV, it's a refreshing alternative to hard seltzer. —*Bettina Makalintal*



GoodWood Large Cutting Board

\$115; goodwoodnola.com

GoodWood recycles wood scraps from its fabrication and furniture projects to make home goods like this stunner of a cutting board. Each board's pattern is unique thanks to multihued stripes of maple, cherry, and walnut. —*MacKenzie Chung Fegan*



Atelier Saucier 'Marfa Stripe' Napkins

\$84 for four; ateliersaucier.la

Atelier Saucier upcycles surplus fabric from L.A. fashion houses into table linens, like these summery napkins. The playful color blocking would look as fitting in a designer's resort collection as it would next to a glass of Muscadet at a clambake. —*Jenna Adrian-Diaz*



Grove Reusable Produce Bags

\$13 for six; grove.co

Instead of plastic grocery store produce bags, I use breathable cotton bags from Grove to keep my produce fresh and organized in the fridge. If I accidentally leave cucumbers in the crisper for too long, I can simply pop the bag in the washing machine. —*Urmila Ramakrishnan*



Phil's Finest Kale Chimichurri Sausages

\$10 for four; philsfinest.com

I'm on a mission to eat less (and better quality) meat. Made from equal parts veggies and humanely raised chicken, these sausages are an omnivore's delight. The bright chimichurri seasoning is super zesty, and the curly green kale gives them a vibrant glow. —*Ali Francis*



Alter Eco Quinoa Crunch Dark Chocolate

\$4; alterecofoods.com

These organic chocolate bars, flecked with crispy quinoa, exemplify conscious indulgence and textural delight. The packaging is compostable and recyclable, and Alter Eco offsets 100% of its carbon emissions and practices regenerative agriculture. —*Kate Kassir*



Material Kitchen Rebowl

\$25; materialkitchen.com

I love that these bowls are sustainable and stylish. Created out of recycled plastic and renewable sugarcane, they're lightweight and durable, making them perfect for cooking and prep but cute enough to use as servingware too. —*June Kim*

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it's the little things
that make
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Family Meal

Take a ride on the vegan side with luscious white bean stew, crispy tempeh with coconut rice, and more pantry-friendly meals

➔ **WHEN I MET MY PARTNER**, the running joke was that he'd only eat a burger if he could FaceTime the cow first—nothing but sustainably and ethically produced animal products could lure him out of his mostly vegetarianism. I've since adopted a version of that mentality myself: A lot of what I make at home is accidentally vegan because I'm particular about the kinds of meat, dairy, and eggs I buy and how often I use them. While this kind of conscious cooking can get a bad rap for focusing more on which foods to avoid than what to celebrate, the flavor-packed plant-based dishes here are centered around versatile pantry staples with low ecological impacts (like most grains and beans) that you can feel good about using abundantly. —KENDRA VACULIN



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Spiced Creamy White Beans and Greens

Mashing some of the white beans while they heat through transforms store-bought vegetable broth into a creamy base for a whole bunch of wilted greens—no dairy required

4 SERVINGS

- 3 Tbsp. plus $\frac{1}{3}$ cup olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, thinly sliced
- 1 large jalapeño, finely chopped
- 1 2" piece ginger, peeled, chopped
- 1 tsp. Diamond Crystal or $\frac{1}{2}$ tsp. Morton kosher salt, plus more
- Freshly ground black pepper

- 1 Tbsp. garam masala
- 1 tsp. ground turmeric
- 2 15.5-oz. cans white beans, rinsed
- 4 cups low-sodium vegetable broth
- 1 bunch greens (such as Tuscan kale)
- Juice of 1 lime
- 1 Tbsp. cumin seeds
- 2 tsp. mustard seeds
- Cilantro leaves (for serving)

► **1.** Heat 3 Tbsp. oil in a large heavy pot over medium-high. Add onion, garlic, jalapeño, ginger, 1 tsp. Diamond Crystal or $\frac{1}{2}$ tsp. Morton kosher salt, and a few grinds of pepper; cook, stirring occasionally, until vegetables are softened and onion is starting to brown at edges, 8–10 minutes. Sprinkle garam masala and turmeric over; cook, stirring occasionally, until mixture is coated and spices darken slightly, 1–2 minutes.

2. Add beans and broth to pot and stir, scraping up any browned bits. Bring to a simmer and cook, occasionally mashing some of the beans, 15–20 minutes.

3. Meanwhile, remove ribs and stems from greens; discard. Coarsely chop leaves.

4. Add greens and lime juice to pot and stir to wilt greens. Taste and season with salt and pepper.

5. Heat remaining $\frac{1}{3}$ cup oil in a small saucepan over medium. Add cumin and mustard seeds and a big pinch of salt. Cook, swirling, until fragrant and mustard seeds begin to pop, about 1 minute. Remove tadka from heat.

6. Divide beans and greens among bowls and top with tadka and cilantro.



A drizzle of mustard-and-cumin-seed tadka adds rich earthiness at the end.

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Chickpea Pancake With Pea Salad

Also called socca or farinata, chickpea pancakes could not be easier to make, as long as you have 30 minutes to allow the batter to hydrate and thicken

4 SERVINGS

- 1 cup (92 g) chickpea flour
- 3 Tbsp. plus ¼ cup olive oil, divided
- 1 ¼ tsp. Diamond Crystal or ¾ tsp. Morton kosher salt, divided, plus more
- 12 oz. sugar snap peas, snow peas, and/or asparagus

- 2 cups fresh green peas (from about 2 lb. pods) or frozen, thawed
- 1 tsp. tahini
- Zest and juice of 1 lemon
- Freshly ground black pepper
- 2 Tbsp. coarsely chopped pistachios
- 1 large garlic clove, finely grated
- Torn mint leaves (for serving)
- Flaky sea salt

► **1.** Whisk chickpea flour, 1 Tbsp. oil, 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt, and 1 cup water in a medium bowl. Let sit 30 minutes to hydrate.

2. Meanwhile, if using sugar snap or snow peas, remove strings and stems, then cut some in half. If using asparagus, cut off woody ends and discard; coarsely chop.

3. Place a rack in middle of oven. Set a 10" cast-iron or other ovenproof skillet on rack; preheat oven to 475°. Cook green peas in a medium pot of boiling salted water until tender, about 4 minutes. Using a slotted spoon, transfer to another medium bowl. Cook snap peas, snow peas, and/or asparagus in pot until tender but with some bite, 1–2 minutes. Drain; pat dry. Transfer to a small bowl.

4. Add tahini, 1 tsp. lemon juice, and 1 Tbsp. oil to bowl with snap peas; season with kosher salt and pepper. Toss to coat; mix in nuts.

5. Add garlic, ¼ cup oil, ½ tsp. lemon zest, 1 Tbsp. lemon juice, and remaining ¼ tsp. kosher salt to bowl with green peas; season with pepper. Using a fork, smash mixture to make a thick spread.

6. Carefully remove skillet from oven and pour in remaining 1 Tbsp. oil; swirl to coat. Add chickpea batter and quickly return pan to oven. Bake pancake until set and crisp around edges, 18–20 minutes. Using a spatula, transfer to a plate.

7. Spread smashed pea mixture over pancake. Spoon dressed pea mixture over. Top with mint and remaining lemon zest. Season with sea salt and more pepper.



Sugar snap peas, snow peas, or asparagus all work well atop this lemony pea mash.

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Sun-Dried-Tomato Romesco Pasta

Oil-packed sun-dried tomatoes usually include salt, which is why this recipe doesn't include any. Taste your sauce as you go and feel free to add salt if necessary.

4 SERVINGS

- ½ cup plus 2 Tbsp. olive oil
- 4 garlic cloves, smashed
- ⅓ cup pine nuts
- 1 Tbsp. drained capers
- 2 cups drained oil-packed sun-dried tomatoes
- 2 Tbsp. balsamic vinegar
- ¼ tsp. smoked paprika

- Freshly ground black pepper
- 1 lb. medium pasta (such as campanelle or cavatelli)
- Kosher salt
- 1 cup panko
- Chopped parsley (for serving)

➤ **1.** Heat ½ cup oil in a small saucepan over medium-high. Add garlic, pine nuts, and capers and cook, swirling occasionally, until garlic and nuts are golden, about 5 minutes. Transfer to a food processor; reserve saucepan. Add sun-dried tomatoes, vinegar, and paprika to food processor; season generously with pepper and pulse to form a thick paste.

2. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1 ½ cups pasta cooking liquid. Return pasta to pot off heat. Add sun-dried tomato paste along with 1 cup pasta cooking liquid and toss, gradually adding remaining pasta cooking liquid until a thick sauce forms and pasta is coated.

3. Heat remaining 2 Tbsp. oil in reserved saucepan over medium-high. Add panko and a pinch of salt and cook, stirring often, until golden brown and crisp, about 5 minutes.

4. Divide pasta among shallow bowls and top with breadcrumbs and parsley.

This tangy caper and tomato sauce comes together quickly in the food processor.



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better together.**



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Family Meal

Coconut rice provides a creamy base to this piquant dish, while quick-pickled cucumbers and basil bring balancing freshness.



Tempeh Crumbles With Coconut Rice

Crumbled tempeh gets the ultimate glow-up thanks to a savory medley of aromatics, roasted peanuts, soy sauce, and a big scoop of chili crisp. Any brand works, but we're partial to Lao Gan Ma for both complexity and heat

4 SERVINGS

- $\frac{3}{4}$ cup unsweetened coconut milk
- $\frac{1}{2}$ tsp. Diamond Crystal or $\frac{1}{4}$ tsp. Morton kosher salt, plus more
- 1 cup jasmine rice, rinsed
- 3 Persian cucumbers, thinly sliced
- 3 Tbsp. unseasoned rice vinegar
- 1 lb. tempeh
- $\frac{1}{4}$ cup grapeseed or vegetable oil
- 2 shallots, thinly sliced
- 3 garlic cloves, thinly sliced
- $\frac{1}{4}$ cup chili crisp
- $\frac{1}{4}$ cup low-sodium soy sauce
- 2 Tbsp. toasted sesame oil
- $\frac{1}{2}$ cup salted or unsalted roasted peanuts, coarsely chopped
- Torn basil leaves (for serving)

► **1.** Whisk coconut milk, $\frac{1}{2}$ tsp. Diamond Crystal or $\frac{1}{4}$ tsp. Morton kosher salt, and 1 cup water in a cold medium saucepan to combine. Add rice and bring to a boil over high heat. Cover pan and reduce heat to low; cook until liquid is absorbed and rice is tender, 13–17 minutes. Remove from heat; let sit (still covered) 10 minutes. Fluff rice with a fork.

2. Meanwhile, toss cucumbers, vinegar, and a pinch of salt in a small bowl to combine and let sit until ready to serve.

3. Meanwhile, crumble tempeh into small pieces (about the size of a pea). Heat grapeseed oil in a large skillet over medium-high. Add tempeh, shallots, and garlic and cook, stirring occasionally, until golden brown and tempeh is crisped, 11–14 minutes. Add chili crisp, soy sauce, and sesame oil and cook, stirring often, until well coated, about 1 minute. Stir in peanuts.

4. Divide coconut rice and tempeh among shallow bowls and serve with marinated cucumbers and basil alongside for topping.

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A close-up photograph of a metal tray filled with freshly baked pastries. At the top, there are several large, golden-brown croissants with a flaky texture. Below them are several cardamom buns, which are smaller, rounder, and have a darker, more caramelized brown color with a bumpy, textured surface. Some of the buns are broken apart, revealing a soft, yellow interior. The tray is set against a dark background.

The Getaway

↓ Fragrant croissants
and cardamom buns
at Hart Bageri

The Noma Ecosystem

You didn't get a table
at Copenhagen's most
coveted restaurant.
Now what?

by MACKENZIE
CHUNG FEGAN

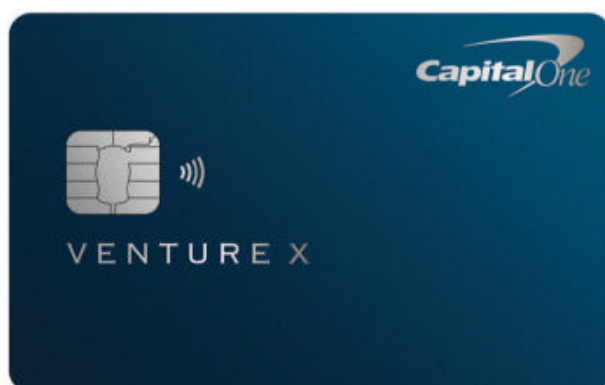




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Copenhagen

► **IF YOU CAN EAT AT NOMA**, René Redzepi's pioneering Danish restaurant that's among the best in the world, you should—it's worth the hype. But that's a pretty sizable if. At about \$450 per person, excluding drinks, the price can be prohibitive. And good luck securing a reservation—tables are released three times a year through its online ticketing system and are gone like the wind. Plus, Noma shuttered in between its three "seasons," so no dice if your trip to Copenhagen is booked during a closure. The good news is that Noma's gravitational pull has drawn promising chefs from around the world to Copenhagen like moths to a three-Michelin-star flame. Whether it's the abundance of bike lanes, the universal health care, or the daylight-filled summers, many members of Noma's extended family and alumni network have put down permanent roots in the Danish capital and opened food businesses of their own. The eatin' is good in CPH—whether you make it to Noma or not.



↑ Barr's aged pork neck frikadelle with lingonberries and slow-roasted potato boat



Barabba

You may find yourself wondering, as you stare at the ceiling while owner and sommelier Riccardo Marcon pours grappa directly into your open mouth, How did I end up here? Here is a modest-looking Italian spot in the city center started by the former head sommelier of 108, Noma's shuttered sister restaurant. Pre-pandemic, Barabba was a late-night industry spot and even now, go on a Tuesday and you may find your somm from Saturday enjoying her "weekend." Ask Marcon to pair your pasta (yes, you should spring for the spaghetti with anchovy butter and a gob of caviar) with whatever he's most excited about. You won't regret it, though the grappa may be a different story altogether.

THE ESSENTIALS



The Hot Spots

- Barabba
- Koan
- Empirical
- Barr
- Hart Bageri
- Tír Bakery
- Hija de Sanchez Cantina
- Iluka
- AFC

When to go

Summer, to take advantage of 17 hours of daylight

Where to stay

Live out your modernist dreams at any number of elegant Airbnbs in Nørrebro, or stay centrally at the slick Skt. Petri hotel.

What to bring back

Chocolate-covered licorice from Lakrids by Bülow for your friends who love licorice unabashedly

Koan

Kristian Baumann, formerly head chef at 108, was born in South Korea and adopted by a Danish family as a baby. His new project, Koan, is an exploration of his multifaceted heritage in tasting-menu format. Depending on the time of year, you might find a savory sorbet of Swedish kiwi and wasabi, an impossibly fluffy doughnut reminiscent of kkwabaegi served with pine salt and salted butter, or a single



↑ Mandu of fjordshrimps with spicy red Korean peppers at Koan



↑ An Hija de Sanchez Cantina employee checking on guests

pleated mandu stuffed with fjordshrimps and served in a gochugaru sauce. Koan is currently being hosted indefinitely in the space that formerly housed Relæ (another influential restaurant helmed by a Noma alum); expect to see it on a lot of “best” lists once it finds a permanent home.

Empirical

American Lars Williams and Dane Mark Emil Hermansen met at the Nordic Food Lab, an R&D-heavy organization cofounded by Redzepi. Their shared interest in fermentation led to a new venture: Empirical, which makes largely unclassifiable but unmitigatedly delicious spirits. Both the distillery and the tasting room—where you can sample their core line as well as some deep cuts, if you’re lucky—are located on the industrial-chic artificial island of Refshaleøen. Empirical relies on koji, a fungus used in the production of miso and sake, to unlock the sugars in grain. The resulting distillates—flavored by botanicals like plum seed

kernels, marigold, quince tea kombucha, and katsuobushi—are unusual and singular.

Barr

While German Danish chef Thorsten Schmidt is a pioneer of New Nordic Cuisine, you won’t find ants on a bed of moss with hay gel at Barr. Housed in Noma’s former home overlooking Copenhagen’s inner harbor, Barr serves the Scandinavian hits, updated with a deft hand and executed perfectly. It doesn’t get more classic than frikadeller—pork meatballs—served with lingonberries; cod roe smørrebrød on grilled rye; or schnitzel doused in a glorious brown butter sauce. Is Old Nordic Cuisine the new New Nordic Cuisine?

Hart Bageri

You know that pull-apart cinnamon-spiced monkey bread endemic to Midwestern church bake sales? It spent a semester in Copenhagen and got really into Kierkegaard. The cardamom bun at Hart Bageri, owned by baker

IN BETWEEN MEALS ...

The Artist’s Way

See some literal underground art at the Cisterns, a former subterranean reservoir that now hosts contemporary installations.

Up For a Swim?

Go for a sauna and harbor dip at La Banchina, but make sure you follow the cardinal rule: Do not scream when you jump in the water.

Big Hygge Energy

Get your Scandi design on at shops like Henrik Vibskov, Hay, Ferm Living, and Frama (which also houses an excellent café, Apotek 57).

Late-Night Happy Hour

Sip some spontaneously fermented sours at Mikkeller Baghaven while watching the 10 p.m. sunset over the harbor.

Nordic Express

Pop over to Sweden for the afternoon—the charming city of Malmö is only 35 minutes away by train.

Richard Hart in partnership with Noma, is made by showering scraps of exquisitely laminated croissant dough with cardamom sugar and smooshing them into a muffin tin. None of Hart’s pastries will let you down, but don’t miss his bread either—although he’s from London originally, Hart made his name as head baker at San Francisco’s immensely popular Tartine Bakery.

Tír Bakery

Hailing from Ireland, baker Louise Bannon served two stints at Noma before moving on to her own project, focusing on slow-fermented sourdough made with heirloom grains grown biodynamically. The permanent home for her bakery—a 115-year-old farmhouse on the Danish coast where milling will be done on site—is currently being renovated, but in the meantime she is selling her phenomenal loaves in central Copenhagen at a location that used to house a Meyers Bageri (named for Claus Meyer, Redzepi’s original partner at Noma).

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The Getaway



↑ The Christianshavn neighborhood looking postcard-esque

Hija de Sanchez Cantina

At some point in your Copenhagen food odyssey, after many coursed dinners of beautifully plated food, you will want a quick, excellent taco. Thankfully, there are two locations of Mexican American expat Rosio Sanchez's taqueria, including one in the centrally located Torvehallerne food market. You'll find a daily selection of three different tacos, all made with fresh tortillas; get all three. But for a taste of Sanchez's dessert wizardry—she was the former head of pastry at Noma—you'll need to head to her sit-down Hija de Sanchez Cantina at the Nordhavn harbor. The ancho chile, rehydrated in a piloncillo syrup and filled with a semi-frozen chocolate mousse, is not to be missed.

Iluka

You'll eat plenty of seafood in Denmark, but none of it will be quite like what's on the innovative menu at

Iluka, run by Noma's former sous-chef Beau Clugston, who hails from Australia. Take, for example, steamed king crab flap: a triangular piece taken from the crustacean's abdomen that's often deemed too much trouble to peel and prepare. Served in an umami-rich smoked mushroom broth with bright morsels of sugar snap peas, it's so meaty you'll be hard-pressed to identify it as crab and so delicious that you won't care.

AFC

Californian Matt Orlando served as chef de cuisine at Noma for over two years before launching his own fine dining restaurant, Amass, but for those seeking something a little more casual, there's Amass Fried Chicken. Head out back to the waterfront garden with your glass of natty wine and basket of crispy chicken sprinkled with vinegar powder and served with a side of ranch.



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The Pour

I'll Be There

A new continuing education program for Latinx vineyard workers in Oregon's Willamette Valley ensures they'll benefit from the fruits of their labor

by HANNAH WALLACE



PHOTOGRAPHS BY SEAN MICHAEL CARR

► **IN LATE 2017** three Willamette Valley wine professionals—Jesús Guillén, Sofia Torres McKay, and Miguel Lopez—began dreaming up a continuing education program for Latino vineyard workers. Guillén had moved from Chihuahua, Mexico, to Oregon in 2002 and fallen in love with the lush wine-growing region. Even though he was a trained computer engineer, Guillén started picking grapes at White Rose Estate, where his father was the vineyard manager, and soon got the winemaking bug.

He went to tastings, read up on the craft, and began assisting in the White Rose cellar. Realizing Guillén had a sharp palate, owner Greg Sanders made him assistant winemaker, cellarmaster, and then, in 2008, head winemaker. Three of Guillén's first vintages earned more than 90 points from *The Wine Advocate*, classifying them as "outstanding."

Guillén's ascent from field-worker to winemaker is uncommon, though. While skilled agricultural workers may be expert in tending to vines, most are not familiar with how to transform the grapes they nurture into a well-balanced, nuanced wine. "Jesús was so passionate about winemaking that he wanted others to be able to have the opportunity to make that connection," his wife, Yuliana Cisneros-Guillén, says. "He was given this chance, and Greg was patient with him. But not everyone gets such an opportunity. Jesús wanted to bridge that gap by creating an educational training program."

Guillén wasn't able to see his visionary organization in action; he died of cancer in 2018. But after he passed, his two friends christened the nonprofit AHIVOY, an acronym that stands for Asociación Hispana de la Industria del Vino en Oregon y Comunidad. As Guillén had pointed out, *ahí voy* is a phrase commonly heard in the vineyard. It translates to "Here I come"—words that speak of teamwork and community.

The 17-week program, much of which is taught at Chemeketa Community College in Salem, covers everything from wine tasting to how to safely use equipment. Vineyard stewards, the term that AHIVOY uses for farmworkers, miss only one day of work a week, and the program provides wage compensation for those days so students don't forfeit any income. There have been 19 graduates from two cohorts so far (hear from one, as well as an AHIVOY founder, at right). Some have already moved on to other



jobs in the industry, including one who has started his own vineyard management company. Whether any will follow in Guillén's footsteps and become winemakers remains to be seen, but thanks to AHIVOY, they have the skills.

SOFIA TORRES MCKAY, coproprietor, Cramoisi Vineyard; AHIVOY cofounder:

When I started working with my vineyard stewards at Cramoisi, I realized they often didn't know the reason they were performing certain tasks. We were dropping all this fruit—pulling clusters off the vine to channel energy into the remaining grapes—and they were worried that we were wasting it. I explained that we do this to increase the quality of the wine. This was something that I had to learn too when I first began working in the vineyard. With AHIVOY, we wanted to help our Latino community learn more about their work, to be proud of what they do, and get recognition for it. They are the foundation of winemaking, after all. And if one day they decide to move forward from the vineyard to be the next great winemaker, that's great. The program doesn't tell you you have to do that—but it's an option.

ALEJANDRO AVALOS, AHIVOY graduate and board member:

I've been at Montinore Estate for 10 years, and I'm pretty much out in the field every day. I'm a vineyard supervisor, but I started as a shoot thinner, tending to spring vines. It was meant to be a seasonal job, but I stayed and worked my way up. The owner of Montinore encouraged me to enroll in AHIVOY, to go and learn.

I had a great experience in the program. We learned all about the winemaking process, whole-cluster fermentation, how to make a rosé, a white wine, a sparkling wine. We also learned about sales—the permits you need to start selling wine and where to get them—and marketing. Turns out it's hard to sell wine! I thought you just went to the store and they took it. You have to talk about where you make the wine, who made it for you.

Personally, I feel more appreciated in the wine industry because of AHIVOY. It gave me the tools to want more—to know that I can aspire for a higher position. Soon I'll be starting a new job at a vineyard management company. In the future I could work in the cellar; I could work anywhere in the wine industry. It's possible. AHIVOY opened my eyes. ■



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How to Find Your Food

Alexis Nikole Nelson has hooked over 3 million followers on TikTok with her joy-filled foraging journeys. Here, she shares her best tips for finding what's edible in your own backyard

as told to BETTINA MAKALINTAL

► **TECHNICALLY**, I've been foraging since I was five—after my mother's inspired attempt to keep me from ruining her garden (a five-year-old with a trowel can be scary-disastrous). She pointed out a patch of onion grass, and my mind was blown to learn that I could eat it: *There's just food out here, by accident?*

So began a lifelong obsession. I loved connecting to the outdoors by identifying species and getting to know them. Mix in the fact that I was broke coming out of college; sometimes whether or not I could find curly dock leaves in my neighborhood determined whether or not there was anything fresh in my meals.

I started posting my foraging online to keep track of things. Now I'm not the only person looking at my account. What I want people to take away from my work is renewed curiosity in the world around them. We all have it as kids, asking adults, "What's this?" We unlearn that as we get older. I hope foraging encourages people to look at the spaces around them with a new eye.

Notice the dandelions, appreciate the dandelions. Notice the burdock that you never noticed before. You can eat it! People take care of places better when those places hold resources they care about. It makes you take greater pride in the world around you, and maybe love it more.



Follow Alexis on TikTok as @alexisnikole and on Instagram as @blackforager.

To get your
foraging journey
started, here are
some *fruits and*
vegetables that can be
found nationwide
between mid-April
and mid-May.



Burdock root
is commonly used in
East Asian cuisines.



▲ **Garlic Mustard**

You'll find this in disturbed dirt and on the edges of woods, recognizable by its rounded, scallop-edged leaves and pungent garlic smell. Use it raw for a pesto that could roundhouse kick you in the face if it had legs (blanch it for something less aggressive). The greens are less bitter if you gather them before the plant flowers. But pull the entire plant for the sake of your local ecosystem; it crowds out native species. I preserve the horseradish-y roots in vinegar, and the seeds are delicious too. Make them into stone-ground mustard.

◀ **Burdock**

You'll see it anywhere the ground has been torn up. In mid-spring, before the plants start to show signs of flowers, lop off the two- to three-foot-high stalks. They're easier to get than the roots (digging them up is a punishment I wouldn't wish on my worst enemy). Peel the bitter, fibrous skin, and the thick pith in the center is a crunchy dupe for artichokes—I use it to make a mean knockoff spinach-artichoke dip.

► Dandelions

Find them in the yards of everyone who doesn't want them—but be sure you're gathering from spaces that haven't been sprayed with pesticide. The whole plant is useful: the flowers for fritters or syrups; the springtime greens for salads or smoothies (they get more bitter in the summer); the roasted roots for a coffee replacement; and the stem for a zero-waste straw that won't dissolve in your drink. Eating weeds is a much more fun way to get rid of them.



◀ Magnolia

Magnolia trees are popular landscaping features. The flowers are deliciously gingery but not as aggressive as raw ginger. I love quick-pickling the petals or the whole flowers and pairing them with sushi. You could dehydrate them after quick-pickling for a bright floral punch you can sprinkle on any dish. I've even put them in cookies: Freeze the unopened flower buds and grate them as you would ginger into a gingersnap. Magnoliasnaps!



► Serviceberries

Also known as Juneberries, sarvisberries, and Amelanchier, these taste like blueberries, apples, and almonds had a baby. The trees have smooth gray bark and rounded green leaves, and bloom early in the season when nothing else has yet. The berries vary from fire engine red to almost black, with matching crowns; always look for the crown. Use them anywhere you'd use blueberries—they have better flavor than what you'll find at the store in the early spring. I look forward to them all year, then I hoard them in the freezer.



Stay Safe

Don't eat—or gather—anything if you're even the littlest bit worried about it being risky.

Be aware of your surroundings, especially how close you are to a road and how busy it is.

Avoid sourcing from spaces that have been sprayed with pesticide. If you're in a park, do the thing that all of us socially awkward people hate doing: Ask a ranger what their maintenance regimen is like.

Join a local foraging Facebook group for safety and community. You'll see in real time what's in season in your area and get help identifying finds you're unsure about.

Wash well. Every time I get home from foraging, the realization hits me: It's time to stand over the kitchen sink for the next hour.

Extra Help

REGIONAL FORAGING SERIES

These guidebooks break down North America into sections. But the more specific you can get, the better—many local conservation societies will also have guides for their towns and cities.

From \$18 each; [amazon.com](https://www.amazon.com)

THE FORAGER'S HARVEST

Edible wild plant authority Samuel Thayer's writing is so approachable, and this book shows you plants during almost every stage of the year. Even if you find something when it's not ready to harvest, you learn to recognize it so you can come back when it is.

\$20; [barnesandnoble.com](https://www.barnesandnoble.com)

iNATURALIST

This app is a good tool to have in your pocket. Usually it can tell you what genus a plant is, and then it's on you to look for tiny morphologies to determine the species. I never want an app to be someone's be-all and end-all, but this is an excellent place to start.

[iNaturalist.org](https://www.inaturalist.org)



*
Editor's note:
Don't *actually* eat
these scallops if
you're allergic.

First Date

"I'm highly allergic to scallops," he said after I ordered the scallops

by **BONNIE GARMUS**

▶ **IT WAS THE KIND OF SEAFOOD PLACE** decorated with old fishing nets studded with starfish that hadn't made it out in time, plus a couple of battered life jackets lying around suggesting that maybe the sailors hadn't either. There was a general feel of algae.

I was trying to decide if this was the worst date I'd ever been on.

A week earlier David and I, who knew each other by sight only (through mutual friends) had run into each other in a bookstore. You know how it is when you don't

like someone even though you've never actually spoken? That was us.

We managed a half-hearted hello, then eyed each other's armload of books. No overlap. As we chatted I began to think that maybe I'd misjudged him. He seemed nice. Interesting. Right up until he asked me what I'd been up to.

"Backpacking."

"Who with?"

"Just me."

That's when he yelled at me—actually yelled. In a bookstore.

Poof. All interest evaporated.

Through gritted teeth, I explained that I was perfectly capable of going backpacking alone. Through similarly gritted teeth, he explained he'd lost a friend that way. We both took a step back.

A WEEK LATER we're on this date.

For the first 20 minutes, David regales me with stories of ex-girlfriends while I check my watch and empty the breadbasket. When it comes time to order, he selects swordfish; I go for the scallops. But as soon as the food arrives, he mentions he's highly allergic to scallops.

"Highly," he emphasizes.

I ask if I'd ordered the wrong thing.

"Not per se," he says.

Per se?

He switches to an explanation of black holes which (apparently) arise when a massive star collapses in on itself. I want to feel sorry for the star, but I'm sitting across from a man who first yelled at me in a bookstore and has now spent the last 20 minutes talking about other women. So I feel a little sorrier for me.

My mind drifts. Was it possible for someone to go into anaphylactic shock from scallop fume inhalation? Maybe. He'd used the words *highly allergic*, and since he already seemed like one of those people who spoke mainly in facts, it seemed doubtful he would have used the word *highly* if *highly* wasn't the case.

As he drones on about interstellar implosions, I start wondering if he carries an EpiPen. If so, where does he keep it? He doesn't have a backpack. Front jeans pocket, maybe. I hope so because I'm not willing to conduct a full body search. The date wasn't going that well.

I take a bite of my scallops. They're good. Garlicky. Which suddenly makes me wonder. Although scallop fume inhalation was proving nonreactive, surely sharing scallop protein particles via

mouth-to-mouth contact would not be. If, after this dinner, we kissed—which seems, let's say, "highly" unlikely at this point—it might literally be the kiss of death.

Hmm.

A few months back I'd been on another bad date with a man who was getting a PhD in philosophy. He was writing his dissertation on Schopenhauer—you know, the philosopher of pessimism. As we drove into San Francisco, he missed his turn and stopped his car in the middle of the cable car tracks to make an illegal left. This was despite the fact that a cable car was already chugging its way toward us like a lethargic great white shark, its little bell dinging away in toy-like fury. I suggested to Schopenhauer that the cable car might not stop. He laughed and called me a pessimist.

We spent the next three hours in the police station as he filled out an accident report and called his parents to see about a loan. I took the bus home.

"MORE BREAD?" the waiter asks.

"No," says David.

"Yes," I say. This was before eating carbs was considered a crime.

"How are the scallops?" he asks.

"Guh," I say. Bread issues.

"The first time I had them," he says as if recalling a fond memory, "I vomited for hours."

"What do you mean the first time? There were other times? Did you go into shock?"

"Shock?"

"Anaphylactic shock. You said you were highly allergic."

"Oh, so now you're a doctor?"

We stare at each other across the table.

Confirmed. I would rather be hit by a cable car.

Approximately a year goes by.

"I've blown this, haven't I," he says miserably.

"Uh—"

"I'm nervous. You make me nervous."

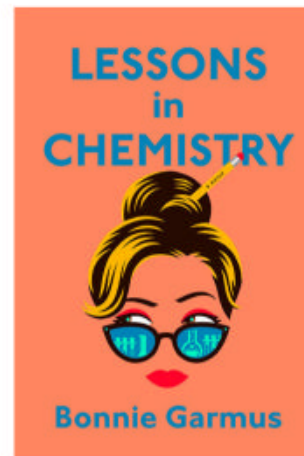
"Uh—"

"I'm not always this terrible."

Out in the parking lot, we talk for two hours about the things people tend to avoid on a first date. Arthritis. Depression. Death. Then we share an awkward kiss.

Which he survives.

But six years later—just to be on the safe side—I make sure our wedding buffet is scallop-free. ■



Bonnie Garmus's debut novel, 'Lessons in Chemistry' is out now. Its Apple TV+ adaptation is coming soon.

Garlicky Buttery Scallops

4 SERVINGS Good shellfish needs very little other than butter and salt to be outrageously delicious. Crispy garlic floating in a pool of that butter doesn't hurt either.

- 4 Tbsp. unsalted butter
- 6 garlic cloves, sliced
- 1 lb. dry sea scallops
- Kosher salt
- 1 Tbsp. (or more) extra-virgin olive oil or vegetable oil
- 2 tsp. sherry vinegar or red wine vinegar
- Freshly ground black pepper
- Torn basil leaves (for serving)

Melt butter in a large nonstick skillet over medium heat. Add garlic and cook, swirling pan occasionally and reducing heat if garlic is browning too quickly, until golden and butter is foamy and lightly browned, about 5 minutes. Transfer garlic butter to a small bowl, scraping in all the browned bits. Wipe out skillet.

Pat scallops dry; season with salt. Heat oil in same skillet over medium-high. Arrange scallops in pan, spacing evenly apart, and cook, undisturbed, swirling pan occasionally and adding more oil if needed, until well browned underneath, about 5 minutes. Turn scallops over and cook just until golden on the other side and opaque in the middle, about 2 minutes. Transfer to a platter.

Stir vinegar into garlic butter; season with salt and pepper. Spoon over scallops and top with basil.



Photographs by
EMMA FISHMAN

Food waste is a huge problem in home
kitchens—but it doesn't have to be.
Chef **Ismail Samad** shares his tips and
recipes for turning scraps into sustenance

Text by
ZAYNAB ISSA

WASTED
WANT
WANT

B

etween food service, home cooking, and farming, the United States wastes 108 billion pounds of food each year. Ismail Samad wants to

change that. “In restaurants you’re never letting anything go to waste,” says the East Cleveland-based chef, activist, and entrepreneur. Using an ingredient in its entirety is economical—and part of the art of cooking, he says. In 2013 Samad co-opened The Gleanery, a restaurant in Putney, Vermont, that prioritizes less-than-perfect and surplus produce. There he learned to push ingredients to their limits, keeping as much as possible on the plate and out of the landfill. As cofounder of the nonprofit Loiter, he now consults on zero-waste strategies and other projects.

Samad thinks reducing food waste is the single most approachable way to make our home kitchens more sustainable. “All of us can do that,” he says. “It’ll reward you, your pockets, and the planet.”



Olive-Brine-Marinated Chicken With Date Relish

4 SERVINGS Olive lovers rejoice—this one-pan chicken dinner uses both whole olives and their brine, creating flavorful meat and a bright, punchy relish. Schmaltzy roasted carrots lend just enough sweetness and make it a meal.

CHICKEN

- Zest and juice of 1 lemon
- 2 garlic cloves, finely grated
- ⅓ cup olive brine
- ¼ tsp. crushed red pepper flakes
- 6 sprigs tarragon, leaves picked, chopped, divided
- 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt, plus more
- 4 skin-on, bone-in chicken thighs (about 2 lb.)
- 1 Tbsp. extra-virgin olive oil
- 1 small red onion, sliced
- 1½ lb. medium carrots, scrubbed, cut on a diagonal into 3" pieces
- 2 tsp. sumac
- Freshly ground black pepper

RELISH AND ASSEMBLY

- 1 small red onion, thinly sliced
- Zest and juice of 2 lemons
- 6 firm Medjool dates, pitted, coarsely chopped
- ⅓ cup coarsely chopped pistachios
- ¼ cup coarsely chopped tender herbs (such as tarragon, parsley, and/or chives)
- ¼ cup green olives, pitted, coarsely chopped
- Kosher salt

CHICKEN Stir lemon zest and juice, garlic, olive brine, red pepper flakes, half of tarragon, and 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt in a medium bowl.

Score flesh side of chicken thighs with two or three ½"-deep slits. Add chicken to marinade and turn to coat. Let sit at room temperature 30 minutes, or cover and chill up to 3 hours.

Place a rack in middle of oven; preheat to 425°. Heat oil in a large ovenproof skillet, preferably cast iron,

over medium-high. Remove chicken from marinade, letting excess drip back into bowl, and place, skin side down, in skillet; season with salt. Cook, undisturbed, until skin is browned and crisp, 5–8 minutes. Turn chicken over, season other side with salt, and transfer to a plate.

Add red onion, carrots, sumac, and remaining tarragon to skillet. Season with salt and pepper and stir to coat onion and carrots in fat. Return chicken to skillet, arranging skin side up. Transfer skillet to oven and roast until carrots are crisp-tender and chicken is cooked through (an instant-read thermometer inserted into the thickest part should register 165°), 20–25 minutes. Transfer to a platter and let rest 5–10 minutes.

RELISH AND ASSEMBLY While the chicken is resting, toss red onion, lemon zest and juice, dates, pistachios, herbs, and olives in a medium bowl to combine. Season with salt.

Spoon relish over chicken to serve.



1 SHOP YOUR FRIDGE FIRST

OLIVE-BRINE-MARINATED CHICKEN WITH DATE RELISH

“Most of the food waste in this country happens in the home,” Samad says. Before planning a grocery trip, take inventory of your pantry and fridge and make a plan for anything that’s partially used. That includes that quarter of cabbage and those on-their-way-out herbs but also unexpected ingredients like olive brine. This salty liquid often ends up in the sink, but its strong, deep flavor and acidic nature make it a great fit for marinades and sauces.

Blistered Asparagus Frittata

6-8 SERVINGS Take a bunch of asparagus to new heights with this no-flip frittata that's ideal for stretching a little peak season produce into a full meal. It even makes use of those woody asparagus ends that typically get tossed. Thinly slicing them allows them to turn tender when cooked. Samad folds in Gruyère and arugula, but any well-melting cheese and tender salad greens will work.

- 10 large eggs
- ½ cup heavy cream
- 2 oz. Gruyère or other semifirm cheese, coarsely grated (about ½ cup)
- 2 cups (packed) arugula or other tender salad greens
- 1 bunch asparagus (about 1 lb.)
- 3 Tbsp. extra-virgin olive oil, divided
- Kosher salt
- 1 medium red onion, thinly sliced
- 2 garlic cloves, finely chopped
- 1 Tbsp. coarsely chopped oregano
- Freshly ground black pepper
- 1 Tbsp. coarsely chopped chives

Place a rack in middle of oven; preheat to 350°. Whisk eggs and cream in a medium bowl until no streaks remain. Stir in Gruyère and arugula; set aside.

Separate woody ends from asparagus spears; thinly slice ends and set aside.

Heat 1 Tbsp. oil in a large cast-iron or ovenproof nonstick skillet over medium-high. Cook asparagus spears, tossing occasionally, until crisp-tender and blistered in spots, 5–8 minutes. Season with salt and transfer to a plate.

Add 1 Tbsp. oil to same skillet. Cook red onion, garlic, oregano, and reserved asparagus ends, stirring occasionally, until onion is softened and asparagus is tender, about 5 minutes. Season generously with salt and pepper.

Swirl remaining 1 Tbsp. oil in skillet and wait 30 seconds before pouring in reserved egg mixture. Arrange asparagus spears in a single layer on top. Cook, undisturbed, until egg mixture is set at the edges, about 3 minutes.

Transfer skillet to oven and bake frittata until puffed slightly and center is just set, 15–17 minutes. Let cool in pan 15 minutes.

Just before serving, scatter chives over frittata and season with more pepper.

DO AHEAD: Frittata can be made 3 days ahead. Let cool completely; wrap in foil and chill, or freeze up to 3 months. Reheat in a 300° oven until warmed through, 30–40 minutes.

Kimchi Fried Rice With Broccoli

4 SERVINGS Broccoli's outer leaves and thicker stems don't belong in the trash. They're much better off sizzling in a skillet alongside scallions, spicy kimchi, and leftover rice to make a flavor-packed fried rice that comes together in a flash. And if you have extra broccoli or other crunchy veggie scraps hanging around, turn them into kimchi by tossing them in the kimchi jar and pressing down until they are submerged in liquid. Keep chilled and use within 1 week.

- 1 large head of broccoli (about 1 lb.)
- 6 scallions
- 1 cup (packed) Napa cabbage kimchi, plus more for serving
- 3 Tbsp. vegetable oil, divided
- Kosher salt
- 4 garlic cloves, finely chopped
- 1 2" piece ginger, scrubbed, finely chopped
- 4 cups chilled cooked rice, preferably jasmine
- 1 Tbsp. toasted sesame oil

¼ cup soy sauce or tamari, plus more for serving

- 4 large eggs, fried
- Sesame seeds (for serving)
- Freshly ground black pepper

Separate broccoli stem from crown. Remove any leaves from stem; thinly slice leaves. Slice stem into ½"-thick coins; cut crown into 1" florets.

Separate dark green tops from scallions and cut into 1" lengths. Thinly slice white and pale green scallion parts. Keep separate.

Squeeze 1 cup kimchi over a small bowl to expel as much liquid as possible. Coarsely chop kimchi; return liquid to kimchi jar.

Heat 1 Tbsp. vegetable oil in a large wok or nonstick skillet over medium-high. Add broccoli and dark green scallion parts, season with salt, and cook, undisturbed, until beginning to char, about 5 minutes. Stir and cook another minute; transfer to a plate.

Add 1 Tbsp. vegetable oil to same pan. Cook kimchi, white and pale green scallion parts, garlic, and ginger, stirring often, until softened and fragrant, about 2 minutes; push aromatics to edges of pan. Drizzle remaining 1 Tbsp. vegetable oil into empty space and add rice, sesame oil, and ¼ cup soy sauce. Toss rice and aromatics together, then press into an even layer and cook, undisturbed, until slightly crisped underneath, about 5 minutes.

Return broccoli and scallion tops to pan and cook, tossing often, until rice and vegetables are heated through, about 2 minutes. Season with salt.

Divide fried rice among plates and top each with a fried egg, some sesame seeds, and more kimchi; season with pepper. Season eggs with a dash of soy sauce.

2 FAVOR THE FREEZER

BLISTERED ASPARAGUS FRITTATA

It's easy to go overboard with produce at the market, so use your freezer to stretch the season. Samad recommends separating each piece and freezing vegetables on a parchment-lined baking sheet before transferring them to a freezer bag or vacuum-sealed bag. He likes puréeing frozen asparagus for use in soup, pasta, and risotto. Alternatively, add fresh produce to freezer-friendly dishes, like a frittata. Using the freezer intentionally makes future meals easier and more efficient.



3 SAVE THE STEMS

KIMCHI FRIED RICE WITH BROCCOLI P. 42

Keep trimming to a minimum. The tougher ends of common vegetables like kale, broccoli, and cauliflower see the trash too often when in reality all they need is some extra time on the cutting board. If you're chopping broccoli or cauliflower florets into the typical 1"–1½" pieces, slice the stems into smaller ½" coins. They'll bulk up your meal and cook at the same rate as their more delicate counterparts.





4 IGNORE IMPERFECTIONS

ROAST RACK OF LAMB WITH STRAWBERRY PAN SAUCE P. 47

When your fruit starts looking like it's seen better days, give it a new—and dare we say, better—life, where its flavor can still shine. Toss shabby-looking berries into cake batter; turn them into jam; or, as Samad suggests in this recipe, add them to a skillet with meat to make a silky pan sauce with a just-right balance of subtle sweetness and tartness.



Roast Rack of Lamb With Strawberry Pan Sauce

4 SERVINGS Strawberries and lamb may seem an unlikely pairing, but the bright acidic berries go incredibly well with the rich, grassy meat. Roast the strawberries alongside the lamb to concentrate their flavor, then use them to make a luscious, buttery pan sauce perfect for spooning over the tender chops.

- 1 rack of lamb (about 1 ½ lb.)
- Kosher salt
- 1 ½ tsp. freshly cracked black pepper, plus more
- 1 Tbsp. vegetable oil
- 8 oz. strawberries, halved
- 1 cup low-sodium chicken broth
- 1 Tbsp. finely chopped rosemary
- 2 tsp. good-quality balsamic vinegar
- 2 Tbsp. salted butter, cut into pieces
- Mint leaves (for serving)

Place a rack in middle of oven; preheat to 375°. Season lamb generously with salt and pepper.

Heat oil in a large ovenproof skillet over medium-high. Cook lamb, turning occasionally, until well browned all over, 6–8 minutes. Arrange strawberries around lamb, then transfer skillet to oven. Roast until an instant-read thermometer inserted into the thickest part of lamb registers 125° for medium-rare, 15–20 minutes. Transfer lamb to a cutting board; reserve skillet with strawberries. Let lamb rest while you make the sauce.

Set aside 5 or 6 strawberry halves in a small bowl for serving. Carefully pour off fat from reserved skillet into another small bowl and save for another use—like roasting potatoes. Place skillet over medium-high heat. Add broth, rosemary, vinegar, and 1 ½ tsp. pepper and bring to a boil, scraping up any browned bits with a wooden spoon and mashing

WITH
COMMITMENT
AND A LITTLE
CREATIVITY, ONE
MEAL'S REFUSE
BECOMES
ANOTHER MEAL'S
STAR.

strawberries to break them up. Cook, stirring often, until liquid is reduced by half and sauce is mostly smooth, about 5 minutes. Remove skillet from heat and add butter, whisking until sauce is emulsified. Taste and season with more salt if needed.

Carve lamb into chops and divide among plates; season with more pepper. Spoon some sauce over lamb, then top with mint and reserved strawberries. Serve any remaining sauce alongside.

Spring-y Panzanella With Kombucha Vinaigrette

4 SERVINGS If we're honest, a panzanella is all about what's soaking into those toasted pieces of torn bread, and this one's got a zingy vinaigrette made with kombucha (yes, kombucha!) and sherry-vinegar-braised shallots. Toss in some greens, peas, Pecorino, and green garlic for a filling spring salad.

- 6 Tbsp. (or more) extra-virgin olive oil, divided
- 8 oz. sourdough bread, torn into 1 ½" pieces (about 4 cups)
- Kosher salt, freshly ground pepper

- 1 ½ cups shelled fresh peas (from about 1 ½ lb. pods), or frozen peas, thawed
- 1 medium shallot, finely chopped
- 2 sprigs thyme, leaves picked
- 2 Tbsp. sherry vinegar or red wine vinegar
- 1 tsp. crushed red pepper flakes
- ¼ cup kombucha
- 1 Tbsp. whole grain mustard
- 1 fennel bulb, fronds reserved, thinly sliced
- 1 ½ oz. Pecorino Romano, finely grated (about 1 cup)
- 3 cups trimmed watercress or other tender salad greens
- 2 Tbsp. thinly sliced green garlic or garlic chives

Heat 2 Tbsp. oil in a large cast-iron skillet over medium-high. Cook bread, tossing often and adding more oil if pan looks dry, until golden all over, about 4 minutes. Season croutons with salt and pepper; set aside.

Cook peas in a large saucepan of boiling salted water until bright green and warmed through, about 3 minutes. Drain in a fine-mesh sieve and rinse under cold running water to stop cooking; set aside. Reserve saucepan.

Combine shallot, thyme, vinegar, and red pepper flakes in reserved saucepan and cook over medium heat, stirring occasionally, until shallot is softened and vinegar is absorbed, about 4 minutes. Transfer to a medium bowl and add kombucha, mustard, and remaining 4 Tbsp. oil, whisking until emulsified. Season vinaigrette with salt.

Toss fennel, Pecorino, watercress, green garlic, reserved croutons, and reserved peas in a large bowl to combine. Drizzle vinaigrette over and toss to coat. Season with salt and pepper and top with fennel fronds.

5 GET SMART WITH SUBSTITUTIONS

SPRING-Y PANZANELLA WITH KOMBUCHA VINAIGRETTE

Consider the flavors an ingredient offers and how they function in a dish—then you can tweak your recipes to fit what you have on hand. This practice can help you avoid buying unnecessary new ingredients and turn you into a more versatile cook. Take kombucha, for example. Not just for drinking, its viscosity makes it great for poaching everything from pears to fish, and as Samad points out here, its tart, slightly sweet flavor makes it a seamless addition to salad dressing.

the PLATES of the FUTURE

BY ALEX BECCS

WHAT WILL DINNER LOOK LIKE **on** OUR SWIFTLY **WARMING**, POPULATION-**BOOMING** PLANET IN 10 YEARS — **and** **BEYOND**?

Dr. Morgaine Gaye sweeps a hand over her blond faux-hawk and smiles at me through oversize purple-tinted glasses. If she doesn't look the part of a self-proclaimed "food futurologist," I don't know who does. The future, she tells me in her rapid-fire British accent, is all about Air Protein, a product that uses high-tech fermentation to turn carbon dioxide into chicken or whatever you want, really. Tens of millions of dollars are being invested into alternative proteins and air just might be one of the keys to feeding the world's 9.8 billion people by 2050.

That's nearly 2 billion more people than we (fail to) feed today, and an overwhelming amount of that growth, the UN predicts, will be in sub-Saharan Africa, where desert conditions make farming a challenge. Then there's that pesky issue of climate change. If the planet warms 2.7 degrees by 2040, as experts project, the implications could be devastating. Ongoing droughts, flooding, extreme weather, it's all on the table. What may not be on the table: California avocados, predicted to go all but extinct by 2050.

The good news is that the food industry is already planning for those pressures, as Amanda Little investigates in her revelatory book *The Fate of Food*. "I don't know that there's a future in which we're all looking at a plate of wafers injected with specialized nutrients," she says. "That just sounds like a culinary hell nobody wants to inhabit." It's the seeds, farming practices, technology, water, distribution, and behind-the-scenes innovations that are going to change the contents of our plates. She's rooting for the avocados (though they might have to be grown indoors...and cost \$20 a pop).

With the help of Little, Gaye, and other scientists, we've cooked up some possible meals of the future to see how these issues will collide. Ten or 20 years from now, we can take pretty educated guesses at what our dinner plates may look like. But what about 100 years into the future? "Science fiction!" said every expert I questioned, not wanting to look like a fool next century when we are, in fact, feasting on tasty Quaker-brand nutrient wafers. So, to make those predictions, I went to the sources unafraid to look a century ahead: science fiction writers. They understood the assignment.

illustrations by HARUKO HAYAKAWA



2032

WITHIN THE NEXT DECADE

grocery stores will stock cell-cultured proteins. Stem cells are collected, put into bioreactors, and fed nutrients like glucose so that they grow into animal-free chicken, beef, pork, and even duck (as opposed to the meat alternatives we have today, which are very good imitations made with plant products). These proteins don't need room to graze and expel methane, don't waste uneaten parts of an animal, and are less likely to contain bacteria like salmonella. This is the beyond-Beyond burger.

WHAT'S FOR DINNER?

1. Upside Foods' cell-cultured hamburger, concocted in a vlab in Berkeley, CA.
2. Animal-free American cheese made with protein powder brand Perfect Day's patented cow-free whey protein.
3. Bun baked with Kernza wheat, a hearty grain with long roots that retain water and rejuvenate the soil.
4. Good old-fashioned pickles aren't going anywhere—don't panic.
5. Hummus made with genetically edited chickpeas that can withstand extreme heat and drought.
6. Food-waste-eliminating upcycled barley croutons fortified with algae powder (it's nutrient-dense and a great binder, plus algae draws out more CO₂ in the air than trees do).
7. Side salad with romaine lettuce from an indoor vertical farm, which can bring local produce to densely packed city centers (where populations are predicted to double by 2050) without the need for farmland or even sun.
8. Hidden Valley Ranch dressing, still the reigning ranch champ, but hopefully from a compostable squeeze bottle by then.
9. A squeaky-clean glass of locally (hyper-) filtered, recycled, delicious sewage water. In the next decade much of the world will experience shortages of fresh water and its cost will increase, especially in dry climates that already import water, like California.





"PERSONALIZED NUTRITION"

was the phrase I heard most from food industry experts, like the head of R&D at PepsiCo, which recently launched a sweat patch to tell you when you need more Gatorade (often). What 23andMe did for genetics, we'll see in the nutrition and gut-health departments. Imagine a wristwatch that pings you when your sodium's high. Cool! Creepy!

WHAT'S FOR DINNER?

1. Sustainably farmed, zero-waste salmon. Yes, we already have this, but the demand for proteins is predicted to increase 40 percent by 2050. Farmed salmon has a long way to go to be safer and less ridden with sea lice (don't ask), but if people eat more fish than beef by 2042, we'd be doing the planet a lot of good.
2. Protein-enhanced lentils—hey, the watch said you needed it—in a coconut milk broth seasoned with local greenhouse peppers because extreme weather in Latin America has made the imported ones too expensive.
3. Iced coffee made from medium-acidic, very tasty *Coffea stenophylla* beans that can withstand warmer temperatures. Experts predict some 60 percent of coffee species could go extinct in the next 20 years due to extreme weather, deforestation, and human development.
4. Air fryers are out. Countertop 3D-printing ovens that transform shelf-stable foods into hot dishes are IN! This one baked you a tasty peach cobbler from canned peaches that were genetically edited for "low-chill" conditions (peaches need time in the cold to develop to their full potential, and warmer winters are already ruining entire crops).
5. Topped with crème fraîche (pricey but worth it) made of cream from a nearby midsize regenerative farm, which we'll need to revive our soil and ensure a more reliable food supply. Certain staples of the American diet—meat, poultry, dairy—will forever remain in demand.



2122

FOUR SCIENCE FICTION WRITERS

with buzzy, brilliant books out this year muse on what they think we'll be eating one hundred years from now. Thankfully, no one said Soylent Green.

WHAT'S FOR DINNER?

1. Cricket tartare (Portland-biodome-raised, certified organic) on a bed of Mariana Trench plankton from the deepest point in the Pacific Ocean, where we have yet to explore the possibilities of food. It's served in an edible fungi tart dish from Le Creuset, a brand that will surely endure even as culinary innovations move from kitchens to biotech labs. This snack is brought to you by the inventive mind of Sequoia Nagamatsu, author of *How High We Go in the Dark*, which spans generations (and atmospheres) drastically shaped by a devastating worldwide plague...
2. Sustainably farmed mussels in a citrus broth covered by a gigantic supremed lime, says Sarah Blake. She's the author of *Clean Air*, which takes place in a near-distant future where plants overproduce deadly pollen to save the planet's ecosystems, killing a ton of humans while the rest live in domes and eat oversize produce farmed by robots.
3. In *Goliath*, novelist Tochi Onyebuchi imagines a future in which the rich have taken off for space colonies, leaving the rest on radiation-ruined Earth. A hundred years from now, coffee beans will be extinct (a real possibility), so Onyebuchi has us sipping java made from okra seeds, a significant cultural touchstone of Black cuisine even in the postapocalypse.
4. 3D-printed tortilla chips made from hydroponic black bean paste, with cell-cloned cheese sauce and jalapeños, all sourced from aerial farms in the upper atmosphere of Venus. In her optimistic vision of the future, author Martha Wells sees people living on space stations or on other planets after Earth's resources have been depleted (you don't want to hear the pessimistic version!). Wells's next installment in the best-selling Murderbot Diaries series, *Witch King*, is out this fall.





2

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MUSHROOMS ARE AMONG THE MOST EFFICIENTLY PRODUCED FOODS IN THE UNITED STATES.

A 'SHROOM OF

recipes by
CHRIS MOROCCO



BUT EVEN BETTER, THEY'RE EASY TO COOK, INSTANTLY FLAVORFUL, AND ENDLESSLY RIFFABLE

ONE'S OWN

photographs by
MAYA VISNYEI



BULBOUS BUTTONS, FURRY LION'S MANES, FAN-LIKE OYSTERS:



Even in the darkest forests, mushrooms can grow abundantly, yielding up to seven pounds a square foot. Requiring little energy, water, or land, mushrooms are a smart choice for sustainable eating. In the kitchen, they go from squeaky-raw to flat-out amazing in just minutes and with little effort, while still offering the complexity and intensity of meat or long-cooked vegetables, says our food director Chris Morocco, who counts himself among fungi's biggest fans. Watch (and smell!) as they crisp in oil or braise in flavorful liquid and you'll see why mushrooms deserve the starring role in your spring cooking lineup.

—BETTINA MAKALINTAL

Coconut-Braised Mushrooms With Ginger and Scallions

4 SERVINGS Inspired by Indonesian *rendang*, this dish features mushrooms simmered in coconut milk packed with aromatics until the liquid evaporates and the ingredients brown in the rich coconut oil left behind. Serve with rice.

- 1 1" piece ginger, peeled, finely chopped
- 4 garlic cloves, crushed
- 1 13.5-oz. can unsweetened coconut milk

- 1 Tbsp. soy sauce
- 1 ½ tsp. curry powder
- 12 oz. mixed mushrooms (such as king trumpet, crimini, shiitake, and/or oyster), stems trimmed, halved or torn if very large
- ½ cup Peppadew peppers in brine or other mild chiles
- Kosher salt
- 2 scallions, thinly sliced

Bring ginger, garlic, coconut milk, soy sauce, and curry powder to a simmer in a medium skillet, stirring to combine.

Add mushrooms and stir to coat well. Gently simmer mixture, stirring and scraping bottom of pan occasionally, until most of the coconut milk is evaporated and mixture has separated into translucent coconut oil and aromatics that are beginning to brown, 35–40 minutes.

Add peppers to skillet; cook, stirring and scraping bottom of pan often, until mushrooms are lightly browned, 5–10 minutes. Season with salt.

Divide braised mushrooms among shallow bowls and top with scallions.



COCONUT-BRAISED
MUSHROOMS
WITH GINGER AND
SCALLIONS

TAKE YOUR PICK

Across the U.S., specialty mushroom production is a growing industry and companies like Smallhold, a network of mushroom farms, are making local specialty mushrooms more accessible. As the options at the grocery store increase, Chris Morocco explains how to make the most of them.

CRIMINI Often called baby bellas, these mushrooms do it all. This affordable, easy-to-find option is your best bet anywhere you need a sheer quantity of mushrooms or as a substitution for specialty varieties.

MATTAKE Also known as hen of the woods, these flavor-dense mushrooms are unparalleled in their potential for crispiness. Sear them in olive oil until browned around all the lacy edges, then throw in a knob of butter and baste them to add richness.

KING TRUMPET Their thick trunks lend themselves well to large-format preparations, like grilled long planks or dense rounds. Their robust texture ensures that they won't fall apart in long-cooked braises or stews.

SHIITAKE Since they stay firm and toothsome, shiitakes are ideal for preparations in which they're chopped or sliced. Tossed into fried rice or stir-fries, shiitakes can turn golden and take on a pleasantly meaty chewiness.

OYSTER These versatile mushrooms are great for braising or shredding. Their open, crown-like structure allows for multiple textures in a single bite: crisp along the outer edges and tender toward the core.

FUNGI FUNDAMENTALS

To wash or not to wash? Introducing water is going to inhibit browning. For a gentle but effective cleaning method, you can remove debris with a dry pastry brush.

Mushrooms need to breathe. To keep them from drying out without getting slimy in the fridge, store them in a closed paper bag or an open plastic bag with a moistened towel to cover.

Properly stored, they can last for about a week. But watch for dark spots, moisture, and a strong smell—all signs that mushrooms are past their prime.

Though stems are generally edible, some can be woody. Freeze them, along with vegetable trim and meat scraps, for a big, flavorful pot of broth.





MUSHROOM
PICCATA

Mushroom Piccata

4 SERVINGS Oil is ideal for initially searing mushrooms over high heat, intensifying their flavor as they brown, but nothing completes their earthy flavor and meaty texture like the silky, sweet fat of butter.

- 1 lemon
- 4 Tbsp. extra-virgin olive oil, divided
- 12 oz. mixed mushrooms (such as crimini, shiitake, and/or maitake), cut or torn into large pieces if needed
- 1 tsp. all-purpose flour or cornstarch
- Kosher salt
- 1 large shallot or 1 small red onion, finely chopped
- 3 garlic cloves, thinly sliced
- ½ cup dry white wine
- ½ cup Castelvetrano or other olives, crushed, pits removed
- 1 Tbsp. drained capers
- 2 Tbsp. unsalted butter, cut into pieces
- Freshly ground black pepper
- Parsley leaves with tender stems (for serving)

Using a sharp knife, slice lemon into very thin rounds, (aim to get about 6–8 thin slices); remove seeds from rounds. Set remaining piece of lemon aside.

Heat 3 Tbsp. oil in a large skillet over medium-high. Toss mushrooms with flour in a small bowl, then cook, tossing occasionally, until browned and crisp all over, 6–8 minutes. Season with salt and transfer to a large plate.

Add remaining 1 Tbsp. oil to same skillet and reduce heat to medium. Cook shallot, stirring often, until softened, 2–3 minutes. Add garlic and cook, stirring often, until softened and beginning to turn golden around edges, about 4 minutes. Add wine, olives, capers, and lemon slices. Cook, swirling pan occasionally, until wine is mostly evaporated, about 2 minutes. Add butter and swirl skillet continuously until butter is melted and emulsified into sauce. Squeeze in 1 Tbsp. lemon juice from reserved lemon. Taste sauce and season generously with salt and a few grinds of pepper.

Return mushrooms to skillet and cook, tossing and adding a splash of water to loosen sauce as needed, just until well coated.

Top mushroom piccata with parsley just before serving.



Pasta With Creamy Mushroom Ragù

4 SERVINGS *Mushrooms become rich and flavorful fast, allowing you to build a complex ragù in a fraction of the time it would take to make a meat sauce.*

- 3 Tbsp. extra-virgin olive oil
- 1 small onion, finely chopped
- Kosher salt
- 6 garlic cloves, thinly sliced
- ¼ cup double-concentrated tomato paste
- 12 oz. mixed mushrooms (such as crimini, shiitake, oyster, and/or maitake), tough stems trimmed, coarsely chopped
- ¼ cup heavy cream
- Freshly ground black pepper
- 12 oz. rigatoni or other short pasta
- 2 Tbsp. unsalted butter
- 1 oz. Parmesan, finely grated (about ½ cup), plus more for serving

Heat oil in a small pot or large saucepan over medium. Add onion and a big pinch of salt. Cook, stirring occasionally, until onion is very soft, 6–8 minutes. Add garlic and cook, stirring often, until softened and beginning to turn golden around edges, about 4 minutes.

Add tomato paste to pot and cook, stirring constantly, until slightly darkened in color, about 1 minute. Add mushrooms and season with more salt. Cook, stirring often, until softened, 6–8 minutes.

Add cream and 1 cup water, increase heat to high, and bring to a boil. Reduce heat and simmer, stirring occasionally, until ragù is slightly thickened, 13–17 minutes. Taste and season with pepper and more salt as needed.

Cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 2 minutes less than package directions. Drain, reserving 2 cups pasta cooking liquid.

Add pasta, butter, 1 cup pasta cooking liquid, and 1 oz. Parmesan to ragù. Cook, tossing and adding more pasta cooking liquid by ¼-cupful as needed, until sauce coats pasta and pasta is al dente, about 2 minutes.

Divide pasta among shallow bowls or plates and top with more Parmesan.

PASTA WITH
CREAMY
MUSHROOM RAGÙ



MISO-MUSHROOM
RISOTTO



Miso-Mushroom Risotto

4-6 SERVINGS Good broth makes great risotto, and one of the fastest homemade broths contains just one ingredient: miso. It creates deep flavor that melds seamlessly with rice and mushrooms, but any broth you like will work.

- ¼ cup white or yellow miso
- Kosher salt, freshly ground pepper
- ¼ cup extra-virgin olive oil
- 1 large onion, finely chopped
- 4 garlic cloves, thinly sliced
- 1½ cups arborio or carnaroli rice
- ¾ cup dry white wine or sake
- 1 lb. mushrooms (such as crimini and/or maitake), thinly sliced or torn into bite-size pieces
- 4 Tbsp. unsalted butter
- Furikake or sesame seeds, mild red pepper flakes, and kelp seasoning (for serving)

Place miso in a large saucepan and slowly whisk in 6 cups water (this will help prevent lumps). Bring to a simmer over medium-high heat, then reduce heat to low just to keep broth warm; season with salt and a little pepper (enough so that it tastes like a good soup).

Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium. Add onion and a large pinch of salt. Cook, stirring occasionally, until very soft, 8–10 minutes. Add garlic and cook, stirring often, until softened and beginning to turn golden around the edges, about 4 minutes.

Add rice to pot and cook, stirring often, until grains are translucent, about 3 minutes. Add wine and cook, stirring often, until completely evaporated. Stir in mushrooms and 1 cup broth. Cook, stirring, until mushrooms are softened and broth is absorbed, 3–4 minutes. Maintaining a simmer, continue to add broth ½-cupful at a time, stirring to incorporate and waiting until each addition is absorbed before adding more. Cook until rice is tender and all of the broth is incorporated (risotto should be a bit on the soupier side at this point but will continue to thicken). If you run out of broth before rice is done, just add hot water. Stir butter into risotto; taste and season with salt if needed.

Divide risotto among bowls; sprinkle some furikake (or make something similar with sesame seeds, red pepper flakes, and a bit of kelp seasoning) on top.



CRISPY MUSHROOM QUESADILLAS

Crispy Mushroom Quesadillas

2 SERVINGS Oyster and maitake mushrooms in particular take on the texture of braised, shredded meat when cooked, making them a logical star in these quesadillas. Even if you are missing a couple of the spices below, any combination will work, and if all else fails, chili powder makes a great substitute.

- ½ tsp. coriander seeds
- ½ tsp. cumin seeds
- ½ tsp. fennel seeds
- ½ tsp. dried oregano
- ½ tsp. smoked paprika
- 2 Tbsp. extra-virgin olive oil
- 8 oz. mushrooms (such as oyster and/or maitake)
- Kosher salt
- 2 garlic cloves, thinly sliced
- 2 Tbsp. unsalted butter
- 6 oz. sharp cheddar, coarsely grated (about 1½ cups)
- 2 10"–12" flour tortillas
- Pickled or very thinly sliced raw red onion, cilantro leaves with tender stems, and hot sauce (for serving)

SPECIAL EQUIPMENT: A spice mill or mortar and pestle

Finely grind coriander, cumin, fennel, oregano, and paprika in a spice mill or with a mortar and pestle.

Heat oil in a large nonstick skillet over medium-high. Add mushrooms in a single layer and cook, undisturbed, until very crisp underneath, about 3 minutes. Turn mushrooms over and season with salt. Continue to cook, tossing every minute or two, until browned all over, about 5 minutes. Sprinkle spices over and add garlic and butter; season with more salt. Cook, tossing often, until fragrant, about 1 minute. Transfer to a plate and let cool slightly. Wipe out skillet; reserve. Season mushrooms with more salt if needed.

Place reserved skillet over medium-low heat. Lay a tortilla in pan and top one side with half of cheese and half of mushrooms. Fold tortilla up and over filling. Repeat with remaining tortilla, cheese, and mushrooms to make another quesadilla. Cook, turning once, until golden and cheese is melted, about 5 minutes. Transfer to plates and top with onion, cilantro, and hot sauce.



*The Bagels-on-
Hudson roll at
Rosella in NYC*

America's appetite for sushi has grown insatiable, meanwhile fish populations continue to shrink. Some restaurants are already adapting, but to succeed, they'll have to get diners on board.

by
ALIZA ABARBANEL
photographs by
EMMA FISHMAN

CHEF JAY HUANG will never forget the day he took unagi off the menu at Lucky Robot Japanese Kitchen in Austin. "Several customers lashed out at us. They told me they'd never eat here again," he says. "But it was a step we had to take."

Huang had been searching for ways to source his sushi fish more sustainably instead of relying on whatever his large restaurant supplier imported. But unlike *organic*, the term *sustainable* has an elusiveness that prompts a dizzying number of questions, notably when it comes to seafood: Is the fish wild-caught or farmed? Does it come from nearby or oceans away? Is it even the same species the menu says it is?

Through careful questioning, Huang was able to find better alternatives for some species, but unagi had proved to be impossible. Nearly all of the world's eel supply is farmed, but because eels' breeding habits are so clouded in mystery, farms have had to source juvenile eels from a global supply chain rife with smuggling from overfished areas. Japanese and European wild eel populations are listed as endangered or critically endangered by the International Union for Conservation of Nature.

For a while Huang tried to prepare American catfish like unagi, seared and lacquered with sweet eel sauce, but diners were not persuaded. Some told Huang they wouldn't be back until the eel was too. He tried sourcing eels from American Unagi, a pioneering land-based aquaculture fishery raising sustainably managed wild American eels in Maine. But, Huang says, customers just weren't willing to pay more for a product they expected to be cheap.

From destination restaurants like Noma to chains such as Chipotle, the trend has been toward sourcing produce locally, offering plant-based alternatives and sometimes

eliminating red meat altogether. But even decades into the farm-to-table movement, fish overnighted from the other side of the world remains a signal of quality at sushi restaurants across the U.S.

As we're forced to confront the realities of overfishing and climate change, America's sushi restaurants will need to redefine their

practices to survive—and they'll have to convince diners to get on board.

SUSHI HAS REINVENTED itself before. It wasn't always nigiri—a slice of raw fish resting on a pat of warm rice seasoned with vinegar, popularized as street food in Tokyo around 200 years ago. The earliest prototype for sushi was common in Southeast Asia around the second century CE: a deeply funky mixture of rice and fish fermented in salt for months or years. This method of food preservation is thought to have arrived in Japan in the eighth century, where it became known as *naruzushi* and was eaten for over a thousand years.

By the 17th century rice vinegar provided a sour taste to sushi without fermentation. Eventually, traditional papermaking methodology allowed for sheets of nori, and ocean fish and shellfish were introduced, as were rice alternatives. A cookbook published in 1802, *Meihan Burui*, included a recipe that swapped rice for okara, the soy pulp left over from making tofu. The pantheon of sushi continued to expand.

claim to have invented the pairing of avocado and cooked (or imitation) crab, with rice encircling the nori to appeal to diners unfamiliar with seaweed. But one thing is clear: It was a huge hit. Soon sushi was being served alongside hot dogs at San Diego Padres games...and just about everywhere else.

Today sushi is a \$27.5-billion-dollar industry in the U.S., available everywhere from high-end omakase restaurants to convenience store refrigerators. Globally, it's projected to grow nearly three percent annually—or \$2.49 billion—through 2025.

Walk into a typical sushi restaurant and you can likely predict what's on the menu without even glancing at it. Salmon, tuna, eel, and hamachi, also known as the core four, are as synonymous with sushi in the U.S. as beef is to burgers. And, much like beef, the environmental costs of eating these fish varieties are becoming too high to ignore. Twenty-

CAN

SUSHI

SURVIVE?

two percent of commercial oceanic tuna populations are exposed to dangerously high fishing pressure. Wild Atlantic salmon is endangered in the U.S.. And that's just the start. More than a third of the world's fish stocks are being caught at "biologically unsustainable" levels, according to the Food and Agriculture Organization, meaning that we're harvesting it more quickly than it can recover.

It's easy to point out what's unsustainable about sushi, but it's a lot harder to imagine what "sustainable sushi" could look like. While live-

stock can be farmed virtually anywhere, many fish species have specific seasons and migration patterns. To meet year-round demand, restaurants import

When sushi swept America in the 1980s, one of the trendiest items had no raw fish at all: the California roll. Multiple chefs in Los Angeles and Vancouver

seafood from oceans around the world at a significant financial and carbon cost. This fish is frequently caught in waters regulated by nations with less-stringent quotas, lower prices, and dubious labor practices. Illegal, unreported, and unregulated seafood accounted for an estimated \$2.4 billion worth of U.S. imports in 2019, according to a report by the U.S. International Trade Commission, often relying on slave labor and human trafficking.

More than 50 percent of the seafood we eat today is farmed, but even aquaculture is not a panacea for destructive practices. To feed captive populations, farms often catch wild stocks with huge trawl nets that also capture anything within reach. The amount of electricity used to power these facilities is significant too.

“The word *sustainable* has become the equivalent of *good* or *ethical*, but it’s difficult to encounter a situation where you’re not getting into one [ethical] problem or another,” says Daniel Pauly, PhD, a world-renowned fisheries scientist. “Humanity is living at the edge, and it’s very hard not to fall.”

AT ROSELLA, OVERLOOKING NEW YORK CITY’S Tompkins Square Park, the walls are the color of the deep ocean.



Philodendrons hang from overhead, and Jorja Smith pipes through the speakers. There’s sake brewed in Japan, but also a house label pét-nat from Long Island’s North Fork. The sushi rice is seasoned with Carolina Gold rice vinegar made in Pennsylvania. The sleek wooden bar is salvaged from a tree felled by Hurricane Sandy.

Rosella is an unconventional, unapologetically local sushi restaurant. On a cold night in late December, the omakase menu featured steelhead trout from a farm in Hudson, New York, seasoned with a hint of fiery wasabi. Butterflied Louisiana shrimp, lightly cured with salt and sugar, was burnished with a blowtorch, then brushed with soy and shrimp-head-infused chili oil. Fatty arctic char convincingly doubled as salmon. Sweet Kumamoto oysters were served in a shot glass and spiked with fish sauce, and albacore ceviche studded with calamansi and persimmon swam in a coconut milk broth.

Chef Jeffrey Miller learned the intricacies of sourcing local fish for sushi preparation at Mayanoki, a now-closed sustainable sushi omakase restaurant just a few blocks from Rosella. Over three years he worked with a staggering 91 species of local seafood vetted by the Monterey Bay Aquarium Seafood Watch and other programs.

Farmed fish is available year-round, but similar to peaches or heirloom tomatoes, wild fish shifts dramatically in flavor and availability over the seasons. “It was fascinating for me to order a fish that was completely unusable as sushi in one season—and six months later it was this amazing fish that people can’t get enough of,” says Miller, who opened Rosella with business partner TJ Provenzano in October 2020.

Many American sushi restaurants use seafood imported by a single company: True World Foods. As reported by *The New York Times*, around 70–80 percent of mid- and high-range sushi restaurants in some U.S. cities buy

from True World. In comparison, most of Rosella’s fish comes from local fishmonger Greenpoint Fish and Lobster Company, which works with a network of small domestic fisherman around the country. Some East Coast staples like bluefish and porgy are often maligned as “trash fish,” too bony or fishy to serve. But Miller waits all year until they’re at their fatty peak before putting them on the menu. “Porgy is this beautiful mild but fatty whitefish that seems like it’s made for sushi, but I don’t see it on any sushi menus,” he says. “It’s a very close relative of madai, which is a Japanese staple.”

Unlike at Lucky Robot, Miller says no diner has ever gotten upset about what isn’t on the menu. “When you open a restaurant like Rosella, there aren’t really expectations of having what you have at every other sushi restaurant,” he says. “I think now we’re getting to a point where the omakase market is starting to become saturated and it’ll inevitably lead to more chefs looking for fish that other chefs aren’t using.”

Not every chef feels comfortable messing with tradition. Becoming a sushi chef requires years of studying time-honored techniques in an apprenticeship with an established chef. Respecting the art of sushi and sushi masters is paramount: If you studied from a chef who uses fish from Tokyo’s famed markets, you’re likely to follow their methods, even if that means overnighting it from halfway around the world.

“Sushi chefs, especially high-end, hate local fish because the stereotype is that local fish is of poor quality,” says Seiichi Yokota, a seventh-generation seafood wholesaler from Japan who now lives and works in Southern California. Yokota partners with five local fishing families, all of whom bring in live catch for him to ikejime, a Japanese technique for killing fish that’s said to improve flavor by reducing stress on the animal. He sells around 220 pounds of black cod, rockfish, and halibut each week to restaurants across Los Angeles, including Wolfgang Puck’s Spago and Niki Nakayama’s modern kaiseki restaurant N/Naka. Before COVID-19 decimated the restaurant industry, he was selling twice as much.





If seafood is to follow in the footsteps of meat, there comes an inevitable question: What is the Impossible Burger of sushi?

According to Yokota, “local fish has less validity, but the quality is way better.”

“I’d be willing to pay twice as much for a lot of these fish,” Miller agrees. “They’re so cheap compared to Japanese fish.”

If more restaurants like Rosella succeed in winning over diners with unfamiliar fish, it would be a boon for the climate and the sushi industry alike. But as critics like fisheries scientist Pauly point out, expanding our diets isn’t a long-term solution. What if bluefish somehow became as popular as bigeye tuna?

“Sustainability has been associated with certain gear or a certain mode of fish-

ing, but that’s not what defines sustainability,” Pauly says. “It’s the amount of it, relative to what the population can produce.” In other words: Once enough people start eating an underutilized species, it won’t be a better option.

OPPOSITE:

Applewood used to smoke trout at Rosella.

ABOVE, LEFT TO RIGHT:

Steelhead trout is cold-smoked; Gulf shrimp nigiri; knife-scaling porgy allows the fish to age longer

TWENTY-ONE YEARS AGO, chef Bun Lai was walking along the Connecticut shoreline with a Yale undergrad and waiter at his mother’s sushi restaurant, Miya’s, in New Haven. They noticed tiny crabs scuttling around the rocks, caught a bunch, and researched them at a Yale library. Turns out they were Asian shore crabs—an invasive species. “I’d just started working on sustainable seafood for our menu at Miya’s, so it occurred to me that targeting invasive species as a food source might be a part of the solution to the gargantuan problem of over-eating threatened species,” Lai says.

Over 6,500 invasive species have been identified in the United States, which can outcompete native populations for food and other resources. For Lai, these species presented an opportunity for Miya’s. He began incorporating Asian shore crabs and lionfish, a carnivorous species that devours smaller fish and crustaceans.

For close to a decade, guests looking for salmon and tuna routinely walked out of the restaurant. Lai would go from table to table sharing complimentary bites of those salty little Asian shore crabs. He hosted events at the local

natural history museum and talked to a lot of journalists and scientists.

Eventually, Miya’s became known for turning the destructive into the delicious. Lai wrapped those shore crabs in crispy potato skin rolls topped with melty local Gouda cheese, folded herba-ceous mugwort into steamed rice, and even smoked cicadas to top kale salads with an unexpected crunch. His family leased shellfishing grounds on the Long Island Sound and bought a 10-acre farm nearby to grow vegetables, while letting wild plants flourish for foraging. Lai even received a White House Champions of Change award in 2016 for his efforts.

At the end of 2020, Lai closed the restaurant to focus on a new era. “My life in the restaurant business had become hypocritical and unhealthy,” he says. He was using late-night drinking and smoking to cope with the stress and responsibilities of running a restaurant. “While I obsessed over sustainability, I was not living in a way that was sustainable.”

Now, Lai invites friends and followers to Miya’s In The Woods, an outdoor dinner featuring whatever subversive seasonal ingredients are capturing his



attention at the moment. He also teaches Japanese tenkara fly-fishing, weed foraging, and sushi techniques.

Lai sees invasive species as the food industry's next frontier, like fair trade coffee and farm-to-table dining before it. And while sourcing invasives from major restaurant distributors is limited, Lai thinks the industry is primed to expand.

If seafood is to follow in the footsteps of meat, there comes an inevitable question: What is the Impossible Burger of sushi?

In the Hulu show *The Next Thing You Eat*, Momofuku chef David Chang and former *Lucky Peach* editor in chief Chris Ying visit the San Francisco offices of start-up Wildtype, a company creating cell-grown seafood by cultivating live fish cells in large

tanks. They try a piece of cell-grown coho salmon nigiri. "Delicious," Chang says, chewing. "You read about it and you're like, one day." Ying replies, "I didn't know it was today."

Wildtype is still gearing up for market, but there are at least a dozen other start-ups developing plant-based or cell-grown seafood around the world. There are undeniably energy costs to running these high-tech laboratories, but that hasn't deterred some investors. Blue-Nalu, a San Diego-based company aiming to introduce cell-grown seafood like mahi-mahi, raised \$60 million last year.

For some restaurants, the future is already here. Lucky Robot now uses legume-based tuna from Good Catch in a spicy tuna maki designed to tempt vegans and omnivores alike. The texture is closer to flaky tinned fish than smooth slabs of sashimi, but Huang says it works for spicy tuna rolls, which usually feature chopped fish. Plus, that all-important spicy mayo goes a long way.

Then, of course, there's the old-school version of "plant-based." Bun Lai used to stock a sushi buffet with salt-cured Chinese jumping beans and fried pickled artichoke hearts. Silky eggplant is a popular Japanese replacement for barbecued eel. Lucky Robot's seared mushroom nigiri is delicious in its own right.

It's impossible to say whether sushi of the future will be made with mushrooms, lionfish, cell-grown salmon, or all of the above. But hybrid menus like this might be the key to unlocking a more sustainable future.

"I think humanity will have to get away from eating animals," Pauly says, "and it will be driven by two things: Animals will become rare and expensive, and we will develop substitutes that are tasty."

A FEW WEEKS into writing this piece, I found myself ordering takeout and proceeded to spiral over whether to order spicy tuna rolls. Can I really feel good about the sourcing practices behind an \$8 tuna roll? Is salmon any better? Should I just get a cucumber and avocado roll and be done with it? It's tempting to set clear rules around what fish to eat and avoid, but, for me, the unsexy truth is that truly "good" options are few and far between, not to mention difficult to access and not always affordable.

Two years into a pandemic that has destabilized an already tenuous industry, too many restaurants are struggling simply to keep their doors open. Switching suppliers and educating staff and diners are risks many restaurants aren't willing to take—especially when popular menu items are on the line. Governments around the globe would need to crack down on overfishing and illegal practices, eliminate forced labor, and make supply chains more transparent before we can see a meaningful shift.

Still, sushi in this country is primed for another reinvention. Will more American chefs follow the lead of chefs in Japan, where highly seasonal menus shift with fish migration and the markets? Will we eat more bivalves like oysters, mussels, and clams, which extract carbon from the environment as they grow? Will we embrace lab-grown fish, use vegetables in new ways, or turn to invasive species? One thing is certain: If we want to keep eating sushi, it's going to have to be a lot different. But it might taste even more delicious.

Aliza Abarbanel is a writer and editor living in Brooklyn. ■

ABOVE: A serving station at Rosella. **RIGHT, BACKGROUND:** Fresh porgy from Long Island. **INSET:** Rosella's chirashi bowl with sashimi, tamago, and salmon roe



FEED THY NEIGHBOR

MASSIMO BOTTURA, ONE OF THE WORLD'S MOST CELEBRATED CHEFS, IS FIGHTING FOOD INSECURITY AND FOOD WASTE THROUGH HIGH-QUALITY HOSPITALITY

TEXT BY
CHALA TYSON TSHITUNDU

PHOTOGRAPHS BY
EMMA FISHMAN





PHOTOGRAPH BY PEYTON FULFORD

For world-renowned chef and restaurateur Massimo Bottura, feeding people is about much more than money or Michelin stars (though his signature restaurant, Osteria Francescana, does have three of them). It's about bolstering the connection between the health of our communities and that of our ecosystem.

On the occasion of Milan's 2015 World Expo, Feeding the Planet, Energy for Life, Bottura devised a groundbreaking exhibition that modeled a sustainable solution to the worsening global hunger crisis. "I saw the expo as an opportunity to raise awareness about food waste and insecurity and create community through cooking," Bottura says. Enlisting help from notable chefs like Noma's René Redzepi, Bottura transformed an abandoned Milanese theater into a functional kitchen and gathering space that alchemized the expo's surplus food into stellar meals. The project was so impactful that Bottura decided to expand the trailblazing endeavor, Refettorio Ambrosiano, internationally.

"Refettorio comes from the Latin word *reficere*, which means to remake and to restore," Bottura says. "Fighting waste and social isolation are two concrete ways to improve the health of our planet and create more resilient cities." Moved by the need evidenced at Refettorio Ambrosiano, Bottura and his wife, Lara Gilmore, started Food for Soul, a nonprofit dedicated to building a more equitable food system. Since its launch in 2016, Food for Soul has established 13 Refettorio locations across Europe, the Americas, and Australia, saving more than 670 tons of food likely destined for landfills and providing over 1.5 million meals to those in need. The organization is intentional about treating visitors with dignity, striving to combat negative stereotypes surrounding the traditional soup kitchen model and to heal a broken system that labels certain foods—and people—as undesirable and disposable. "Guests are invited to sit at communal tables and are served a full meal by volunteers—the kind of hospitality that comes from my experience running restaurants for the past 30 years," Bottura says.

To best meet the specific needs of their cities, "each Refettorio has its own unique DNA that develops from the diverse people who bring it to life," Bottura says. "The local organizations we partner with, the volunteers, guests, artists, and architects, all influence how each project looks and feels."

We're celebrating the communal drive to combat food inequality with four stunning and resourceful recipes from the kitchens of Refettorio partners in San Francisco, Mérida, Mexico, Harlem, and Modena, Italy. "A meal can be a transformative moment," Bottura says. "Around communal tables, we begin building trust and community."

Below: Chef, restaurateur, and Food for Soul cofounder Massimo Bottura



Curried Parsnip and Spinach Soup

6 SERVINGS This vibrant green soup gets its body from knobby parsnips, which are at their sweetest in the spring. Keeping the peels on minimizes waste—just scrub 'em!—and brings an earthy undercurrent that complements the warm spices. A bright and spicy cilantro salsa is the perfect finisher.

CILANTRO SALSA

- ½ small serrano chile, thinly sliced
- 2 cups coarsely chopped cilantro
- ¼ cup extra-virgin olive oil
- 1 tsp. finely grated ginger

- 1 tsp. fresh lemon juice
- ½ tsp. Diamond Crystal or ¼ tsp. Morton kosher salt
- ¼ tsp. ground cumin

SOUP AND ASSEMBLY

- 1 small onion, thinly sliced
- 3 garlic cloves, thinly sliced
- 1 1" piece ginger, peeled, thinly sliced
- 3 Tbsp. extra-virgin olive oil
- 1 Tbsp. curry powder
- 1 Tbsp. garam masala
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper
- 1 Tbsp. Diamond Crystal or 1¾ tsp. Morton kosher salt, plus more
- 2 medium parsnips (about 1 lb.), scrubbed, cut into 2" pieces
- 1 medium carrot (about 4 oz.), scrubbed, cut into 2" pieces
- 5 cups low-sodium vegetable broth or water
- 1 13.5-oz. can unsweetened coconut milk
- 5 oz. baby spinach (about 6 cups)

CILANTRO SALSA Stir chile, cilantro, oil, ginger, lemon juice, salt, and cumin in a small bowl to combine. Let sit at room temperature while you make the soup.

SOUP AND ASSEMBLY Cook onion, garlic, ginger, and oil in a large Dutch oven or other heavy pot over medium, stirring occasionally, until onion is soft and golden brown, 12–15 minutes. Sprinkle in curry powder, garam masala, coriander, cumin, cayenne, and 1 Tbsp. Diamond Crystal or 1¾ tsp. Morton kosher salt and cook, stirring constantly, until fragrant, about 3 minutes. Add parsnips and carrot and stir to coat with spices. Pour in broth and coconut milk, then increase heat to medium-high and simmer until vegetables are tender, 20–25 minutes. Remove from heat and add spinach; stir until wilted.

Working in batches, purée soup in a blender until smooth. (Or, use an immersion blender and blend soup directly in pot.) Return soup to pot and reheat over medium-low, stirring and adding more water to thin if needed. Taste and season with more salt.

Ladle soup into bowls and spoon cilantro salsa over.

DO AHEAD: Soup (without salsa) can be made 2 days ahead. Let cool; cover and chill. Reheat soup over medium-low, adding water to thin as needed.



Curried Parsnip and Spinach Soup

REFETTORIO
HARLEM, NEW YORK

Chef Elizabeth Richards's creamy, silky vegan soup is generously spiced with fragrant curry powder, cumin, garam masala, and more. The real hero here is the starchy, sweet, and oft-underutilized parsnip—prepared with skins and all—as it is available in New York almost year-round.

INSIDE THE HEART OF FOOD FOR SOUL



SAN FRANCISCO

Refettorio San Francisco was started in 2020 with Farming Hope, an org centered on culinary job training for socially and economically disadvantaged locals. *Clockwise from top left: Farming Hope and Refettorio SF culinary manager Phil Saneski; grilled cabbage salad with salsa macha; a volunteer picks up meals for a nearby food bank; a kitchen staffer packages up chicken salsa verde and rice.*



MÉRIDA, MEXICO

Opened in 2020 as a collaboration with nonprofit Fundación Palace, Refettorio Mérida is centrally located in the capital of Yucatán, sharing its culinary traditions and flavors for those living in precarious conditions. *From top to bottom: The entrance to the sunny guest terrace; a server sets out a dessert course of marbled pudding with chocolate ganache and strawberry sauce.*



MODENA, ITALY

Refettorio Modena was established in Bottura's beloved hometown in 2016 with the help of Fondazione Auxilium, and later transitioned to support Caritas Modena. *Above: Fruit bits for a wannabe tarte Tatin in progress.*



HARLEM, NEW YORK

Housed in Manhattan's historic Emanuel AME Church, Refettorio Harlem (launched in 2020) is led in conjunction with career training program Hospitality Pathways. *Above: Refettorio Harlem culinary operations manager Elizabeth Richards*

“A MEAL CAN BE A TRANSFORMATIVE MOMENT...AROUND COMMUNAL TABLES, WE BEGIN BUILDING TRUST AND COMMUNITY.”

Green Garlic Romesco With Crispy Smashed Potatoes p.79

REFETTORIO
SAN FRANCISCO

Featuring delicate new potatoes, chef Phil Saneski's saucy Catalan-inspired recipe is a celebration of California produce. Frying green garlic and almonds in fruity extra-virgin olive oil brings layers of savoriness to the romesco, while the use of leftover sourdough (or any bread you have on hand) adds robust tanginess and texture.





This cool cucumber agua fresca from chef José Roberto Ricalde Gonzalez gets a warming kick from spicy-sweet ginger-and-habanero syrup. Balanced notes of citrus, star anise, and clove create a refreshing drink perfect for pairing with salty or rich foods at any time of day—try it after hours with a splash of your favorite Mexican spirit.

Cucumber Agua Fresca p.79

REFETTORIO
MÉRIDA, MEXICO

Torta di Pane al Cioccolato

REFETTORIO
MODENA, ITALY

Stale bread and chopped cookies get the luxe treatment in chef Francesco Vincenzi's delightfully chocolaty cake. Vincenzi rehydrates Italian amaretti biscuits in star anise-infused cream, but any dry wafer-like cookie will work well, as this recipe is incredibly forgiving.



Torta di Pane al Cioccolato

8 SERVINGS *Old, stale heels of bread get a chance at redemption in this mad genius recipe by Chef Vincenzi. Ground into a fine dust, it replaces the flour or ground almonds one would expect in a cake. If your bread isn't fully dried out, give the slices about 20 minutes in a 250° oven or until crisp and parched.*

- ¾ cup (or more) heavy cream
- 4 star anise pods
- 2 tsp. aniseed (optional)
- Nonstick vegetable oil spray or unsalted butter, room temperature (for pan)
- 4 ½"-thick slices dried-out sourdough or country-style bread
- 2 large eggs, room temperature
- ⅓ cup (67 g) sugar
- ½ tsp. Diamond Crystal or ¼ tsp. Morton kosher salt
- 1 tsp. baking powder
- 3 oz. amaretti biscuits or Nilla wafers, coarsely chopped
- 3 oz. bittersweet chocolate (60%–70% cocoa), coarsely chopped, or semisweet chocolate chips
- Whipped cream and cocoa powder (for serving; optional)

Bring cream, star anise, and aniseed (if using) to a boil over medium heat in a small saucepan. Remove from heat, cover, and let sit at least 30 minutes and up to 2 hours.

Strain cream through a fine-mesh sieve into a measuring glass, pressing on solids to extract as much cream as possible; discard solids. Add more cream if needed to bring the amount back up to ¾ cup.

Place a rack in middle of oven; preheat to 350°. Line bottom of an 8"-diameter cake pan with a parchment paper round; spray sides of pan with nonstick spray or lightly coat with butter. Pulse or blend bread in a food processor or blender until finely ground.

Using an electric mixer on high speed, beat eggs, sugar, and salt in a large bowl until pale and fluffy, about 4 minutes. With motor running, gradually add cream. Once cream is combined, add finely ground bread and baking powder; mix well. Using a rubber spatula, fold in biscuits and chocolate. Scrape batter into prepared pan and rap pan on counter.

Bake cake until golden and top springs back when lightly pressed, 25–30 minutes. Transfer pan to a wire

rack and let cake cool in pan 5 minutes. Invert cake onto rack and unmold. Let cool completely. (You can also eat the torta warm while the chocolate is still in molten pools or chill and crumble it into a cup of yogurt or milk.)

Peel parchment paper away from cake; discard. Place cake, right side up, on a platter. Cut into wedges and serve with whipped cream, dusted with cocoa powder if desired.

DO AHEAD: Cake can be baked 1 day ahead. Store airtight at room temperature.

Green Garlic Romesco With Crispy Smashed Potatoes

6 SERVINGS *With rust red romesco and a tumble of hot, crunchy potatoes, this dish is a master class in contrast. Chef Saneski devised this recipe as a way to use up past-their-prime peppers and show off gorgeous local almonds and olive oil. Repurpose the romesco as a sauce for roast chicken, fish, or any vegetable (raw or cooked).*

ROMESCO

- 1 green garlic stalk, white and pale green parts only, cut into 1" pieces, or 2 garlic cloves plus 4 scallions, cut into 1" pieces
- 1 cup raw almonds
- 1 cup extra-virgin olive oil
- 2 oz. day-old bread, cut into 1" cubes (about 1 cup)
- 2 large red bell peppers, ribs and seeds removed, coarsely chopped
- 8 oz. cherry tomatoes (about 1 ½ cups)
- ½ cup (packed) cilantro leaves with tender stems
- 3 Tbsp. fresh lemon juice
- Kosher salt

POTATOES

- 2 lb. new potatoes or small waxy potatoes
- Kosher salt
- ⅓ cup extra-virgin olive oil, plus more
- 4 scallions, dark green parts only, thinly sliced
- Flaky sea salt

ROMESCO Cook green garlic, almonds, and oil in a small saucepan over medium heat, stirring occasionally, until garlic is golden, about 5 minutes. Let cool until lukewarm, about 5 minutes.

Pulse bread in a food processor or blender until finely chopped. Add garlic mixture, bell peppers, cherry tomatoes,

cilantro, and lemon juice and process or blend until mostly smooth. Season with salt if needed.

DO AHEAD: Romesco can be made 3 days ahead. Cover and chill.

POTATOES Place a rack in middle of oven; preheat to 425°. Place potatoes in a large pot and pour in cold water to cover; season very generously with salt. Bring to a boil; reduce heat to medium and cover. Simmer until potatoes are fork-tender, about 15 minutes (time will vary depending on the size of your potatoes; be careful not to overcook). Drain; transfer potatoes to a rimmed baking sheet and let cool slightly.

Drizzle ⅓ cup oil over potatoes and toss to coat; season lightly with more salt. Using a measuring cup, smash each potato. Roast potatoes until golden brown and crisp, 35–40 minutes.

Spread romesco on a platter; spoon potatoes over. Drizzle with oil, top with scallions, and season with sea salt.

Cucumber Agua Fresca

4–6 SERVINGS *Infusing and straining out the habanero chile in this drink captures its fruity high notes with barely any of its unapologetic heat pulsing through.*

- 1 small English hothouse cucumber (about 8 oz.)
- ⅓ cup sugar
- 1 3" piece ginger, scrubbed, sliced
- 1 habanero chile, halved
- 10 star anise pods
- 1 tsp. whole cloves
- 3 Tbsp. fresh lemon juice
- Cucumber ribbons or slices (for serving)

Peel cucumber; set peel aside. Cut flesh into 1" pieces and transfer to a blender.

Heat sugar, ginger, chile, star anise, cloves, reserved cucumber peel, and 1 cup water in small saucepan over medium, stirring occasionally, until sugar is dissolved. Remove from heat, cover, and let sit 10 minutes.

Strain syrup through a fine-mesh sieve into blender; discard solids. Add lemon juice and 2 cups ice and blend until smooth. Strain agua fresca through sieve into a medium pitcher; discard solids.

Pour agua fresca into ice-filled glasses and garnish with cucumber ribbons.

DO AHEAD: Agua fresca can be made 2 days ahead. Cover and chill. Stir well before using.

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TIPS &
TRICKS

Almost everything you need to know (and nothing you don't)

If you get your hands on fresh seaweed, eat it right away—most won't keep for more than a few days.



In the Weeds

There are almost 12,000 species of seaweed, from South American yuyo to Japanese wakame—and nearly as many reasons to cook with this environmentally friendly, nutritious, versatile, and delicious ingredient. Here's how (and why)

by ELYSE INAMINE

PHOTOGRAPHS BY ISA ZAPATA

MAY 2022 - 81

1

A VISUAL GUIDE TO SEaweEDS OF THE WORLD

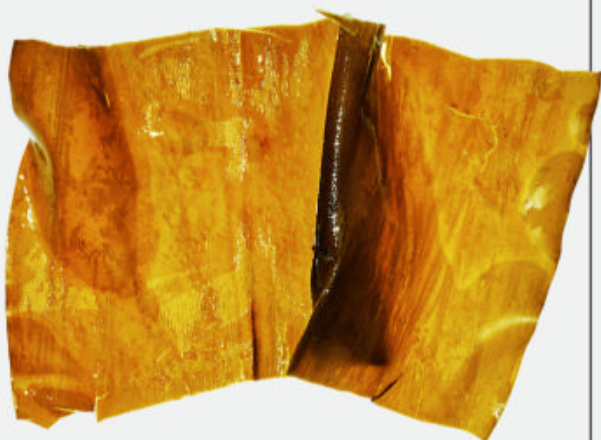
Most of the ocean's finest veg can be broken down into three categories: red, green, and brown. If you can't see the difference, that's because the color isn't necessarily determined by the leaves. Below are some of the most familiar (and tasty) types:

BROWN



Alaria Esculenta

Grown in the northern Atlantic (and also called badderlocks, dabberlocks, and winged kelp), it has a chicken-y taste.



Dasima/Haidai/Kombu

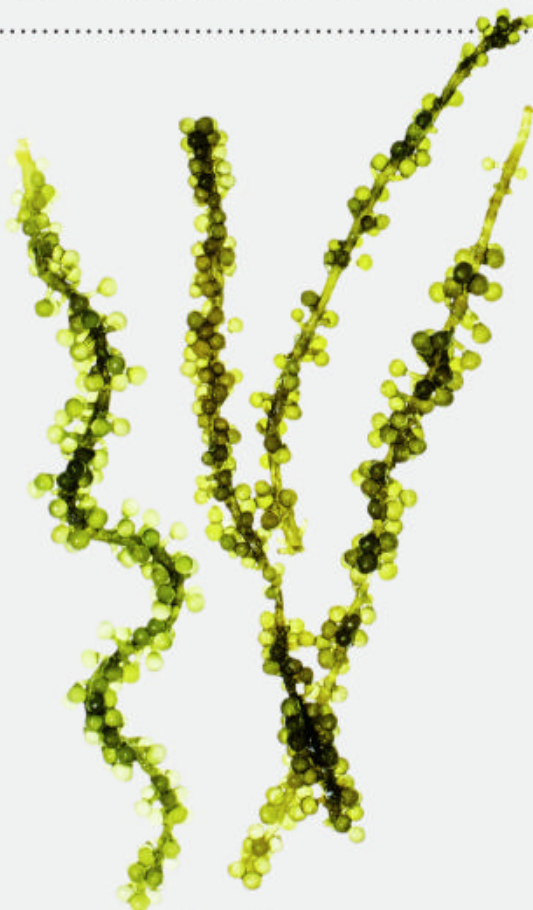
An important source of umami, this kelp is a reliable flavor enhancer for Japanese, Korean, Chinese, and Indigenous dishes.

GREEN



Sea Lettuce

Delicate in texture but intensely ocean-y in flavor, these blades are a favorite of the Ohlone people on the California coast.



Sea Grapes

Across Filipino, Okinawan, and Vietnamese cuisines, this roe-like seaweed is usually eaten raw on its own or in salads.

RED



Limu-Kohu

Popular in Hawaii for its wiry structure and briny taste, this seaweed is often served with poke.



Yuyo

Native to Chile and Peru, this tendrilled, light-tasting seaweed is essential in fish stews and atop ceviche.



Dulse

Minerally and leafy, this species is often dried and ground into powder to bake into Irish breads and pudding.



Gim/Zicai/Nori

When minced, pressed, and roasted, it becomes the toasty paperlike squares that are a staple in East Asian cuisine.

2

It's All About Algae

Look at the cuisines of any coastal communities, from Scandinavia to Japan to Peru, and you'll find seaweed. The word seaweed is broad and refers generally to marine macroalgae, which are algae living in salt or brackish water and visible to the eye. While it's getting a lot of recent hype in efforts to combat climate change (more on that below), seaweed has long been used to flavor and preserve. "Seaweed is part of our creation," says Louis Trevino, co-chef and co-owner of Cafe Ohlone, who learned from his elders to flash-fry sea lettuce in duck fat. "It's the latest thing that people look to as a sustainable food source, but it's a food we've been eating for a long time."

3

A Plant for the Planet

Seaweed is extremely nutritious for humans, a rich habitat for ocean life, and the foundation of the entire underwater ecosystem—like the meadows and forests of the ocean, says Josie Iselin, author of *The Curious World of Seaweed*. But pollution, overharvesting, and climate change has led to its recession. Here's why those in the know are helping to bring it back:

- **It reduces carbon in the ocean.** Seaweed removes carbon dioxide from the water, which makes oceans more liveable for everything from shellfish to coral reefs by maintaining optimal pH.
- **It gives more than it takes.** Seaweed needs only three things: water, CO₂, and sun—no land, fertilizer, or help pollinating. What other food can claim that?
- **It's naturally regenerative.** Under the right conditions seaweed, especially kelp, can thrive steadily and quickly, expanding into a whole forest in a single season. More seaweed means more ocean restoration (and more delicious food for us).

4

JUST SOAK AND SIP

When the summer weather hits (it's coming), turn to this refreshing dashi from Naoko Takei Moore's cookbook *Donabe*. This endlessly adaptable vegan broth requires no cooking—and almost no effort.

Combine 4 dried shiitake mushrooms, one or two 5x2" pieces dried kombu, and 4 cups water in a bowl. Cover and chill 8–12 hours.



THEN CHOOSE YOUR DASHI ADVENTURE:

Hot pot

Bring dashi to a simmer, stir in soy sauce or miso to taste, and then dunk an array of torn mushrooms, cabbage, and tofu.

Flavored rice

Instead of using water, cook the grains directly in dashi along with some soy sauce, sake, and any seasonal ingredients you've got.

Cold noodles

Add a splash of soy sauce, mirin, and sake to the dashi, bring to a boil, then simmer for a few minutes. Cool and serve with noodles.

5

DON'T THROW AWAY THAT KOMBU

Once it's bloomed in liquid to flavor soups and stocks, kombu takes on a meaty, leathery texture and becomes a versatile ingredient in its own right. Here's how to reuse it:



Pickle it! Chef Ricardo Zarate, author of *The Fire of Peru*, cuts up the kombu and then lets it sit in a mixture of Champagne vinegar, sugar, and salt before adding it to everything from salads to fried rice.

Braise it! Moore likes to reuse kombu for tsukudani, chopping it into bite-size pieces and braising it in soy sauce and mirin for 25–30 minutes, or until the liquid is mostly absorbed and the kombu is tender.

Pulverize it! Chef Mario Alberto of Olivia in L.A. turns the leftover kombu into an umami-packed seasoning. He purées the kelp, dehydrates it in a thin sheet, pulses it into powder, and mixes it with salt.

6

Our Favorite Seaweed Products

The global seaweed market is growing 8%–10% each year and expected to nearly double by 2028, which means we can expect a lot more algae—in a lot more places—in our future. Here's our current short list:

- **Sea Tea** In the style of Japanese kelp tea (a.k.a. kombu cha), this fine-powdered tea offers the savoriness of soup without the work (\$20; sipseatea.com). —Bettina Makalintal, associate editor
- **Barnacle Foods Bullwhip Kelp Hot Sauce** When bull kelp is blended with tomatoes and piri-piri, you get a punchy sauce to dash on everything (\$6; barnaclefoods.com). —MacKenzie Chung Fegan, senior commerce editor
- **Akua Kelp Burger** The only veggie burger I truly crave, it's chewy, salty, and smoky (\$50 for 12 patties; akua.co). —Amanda Shapiro, contributing editor
- **Atlantic Sea Farms Ready Cut Kelp** Toss it with sesame oil, salt, minced garlic, and a little bit of sugar and soy for a fast salad (\$27 for three 12-oz. bags; atlanticseafarms.com). —E.I.
- **Daybreak Seaweed Golden State Seasoning Salt** It's like an everything bagel with a marine kick. I love it on hard-boiled eggs (\$12; daybreakseaweed.com). —M.C.F.

7

Supermarket Spree

No need to go to the beach: Some of our favorite seaweeds are available at your local grocery store. Look for dulse, which comes in powder, flake, or whole-leaf form and can be enjoyed raw or cooked (try pan-frying the whole leaves in fat); hijiki (soak in cold water for 30 minutes and add to salads); and wakame (blend into dressings or slip into soups after a 10-minute bath in hot water).

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recipe index



Not your standard-issue sushi
P. 64

BEVERAGE

Cucumber Agua Fresca p. 79

BREAKFAST

Blistered Asparagus Frittata p. 42

SALAD

Spring-y Panzanella With Kombucha Vinaigrette p. 47

SOUP

Curried Parsnip and Spinach Soup p. 72

MAIN COURSES

SEAFOOD

Garlicky Buttery Scallops p. 37

MEAT

Roast Rack of Lamb With Strawberry Pan Sauce p. 47

PASTA

Pasta With Creamy Mushroom Ragù p. 60

Sun-Dried-Tomato Romesco Pasta p. 20

POULTRY

Olive-Brine-Marinated Chicken With Date Relish p. 40

VEGETARIAN

Blistered Asparagus Frittata p. 42

Chickpea Pancake With Pea Salad p. 18

Coconut-Braised Mushrooms With Ginger and Scallions p. 56

Crispy Mushroom Quesadillas p. 63

Curried Parsnip and Spinach Soup p. 72

Kimchi Fried Rice With Broccoli p. 42

Miso-Mushroom Risotto p. 63

Mushroom Piccata p. 59

Pasta With Creamy Mushroom Ragù p. 60

Spiced Creamy White Beans and Greens p. 16

Spring-y Panzanella With Kombucha Vinaigrette p. 47

Sun-Dried-Tomato Romesco Pasta p. 20

Tempeh Crumbles With Coconut Rice p. 23

VEGETABLES, SIDE DISHES

Green Garlic Romesco With Crispy Smashed Potatoes p. 79

DESSERT

Torta di Pane al Cioccolato p. 79

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Dolly Parton's Dream Dinner Party

Expect cake, barbecue ribs, a casual vibe, and a rather iconic mix of guests



Dolly Parton's line of Duncan Hines frostings and cake mixes are available now at supermarkets.

➔ **COUNTRY MUSIC** legend and 51-time Grammy nominee Dolly Parton knows her way around a kitchen—and like so many of us, occasionally licks the frosting instead of waiting for the whole cake. Here she reveals who she'd invite to her dream dinner party and what she'd serve—including, of course, banana pudding in cake form. —DAWN DAVIS

If you could have any three guests—real or fictional, deceased or alive—to your dream dinner party, who would they be?

I'd have Jesus at the head of the table. And I'd also invite Elvis and Dr. Martin Luther King Jr.

That's some gathering! What do you make for this illustrious group?

For Elvis I'd make a peanut butter and banana sandwich. I'd make something good and

Southern for me and Dr. King. I'm sure he'd love some collards, as would I. Of course, we'd have to have some barbecue ribs. There's nothing I love better, especially when it comes with a good sauce, which makes all the difference. I like my sauce between sweet and vinegary. And I like my barbecue to be real tender so I don't have to gnaw on that bone. Now, Jesus, that's another story. He may not want to eat. But just in case, I'd make sure we had some milk and honey. The others could drink sweet tea. Before we dove in I'd ask Jesus to bless the whole thing.

For dessert I'm assuming you'll serve one of the new cakes from your Duncan Hines collaboration. Is cake your favorite dessert?

Banana pudding is my favorite dessert—real banana pudding in a big bowl. That's what

inspired me to do a banana pudding cake mix. It's very good; I think you'll agree. I'd also serve the other cake in the line, our Southern style coconut cake. People in the South like to bake a coconut cake for special occasions because it looks impressive and it's delicious. I'd use our buttercream frosting too, and serve it with coffee or milk. I love cake and milk.

Speaking of your new cake line, have you ever made a cake from a box mix and passed it off as your own?

We've all done that. The other thing I've done is eat more icing than cake. I'm like a kid. If there is something sweet, I'm going to eat it.

What's the ambience and topic of conversation?

It's casual. I'd want them to feel welcome in my home and wear

what they're comfortable in. I'd do the same. We'd talk about the gifts we have. What we have done so far to help people and what we can continue to try to do. I'd be asking Jesus a lot of questions. I'd be talking music with Elvis. And I'd thank Martin Luther King Jr. for all that he did and continues to do even though he's gone. We'd have lots of good stuff to talk about.

If, after the dinner, Elvis wants to go to Dollywood, where in the amusement park should he eat?

We've got great restaurants all over the park. Restaurants that serve real Southern foods: barbecue, corn on the cob, and all of that. But we have a resort called DreamMore and there is a restaurant attached to it, Song & Hearth. People just love the food. He might like that or he might like Aunt Granny's.

bon appétit

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